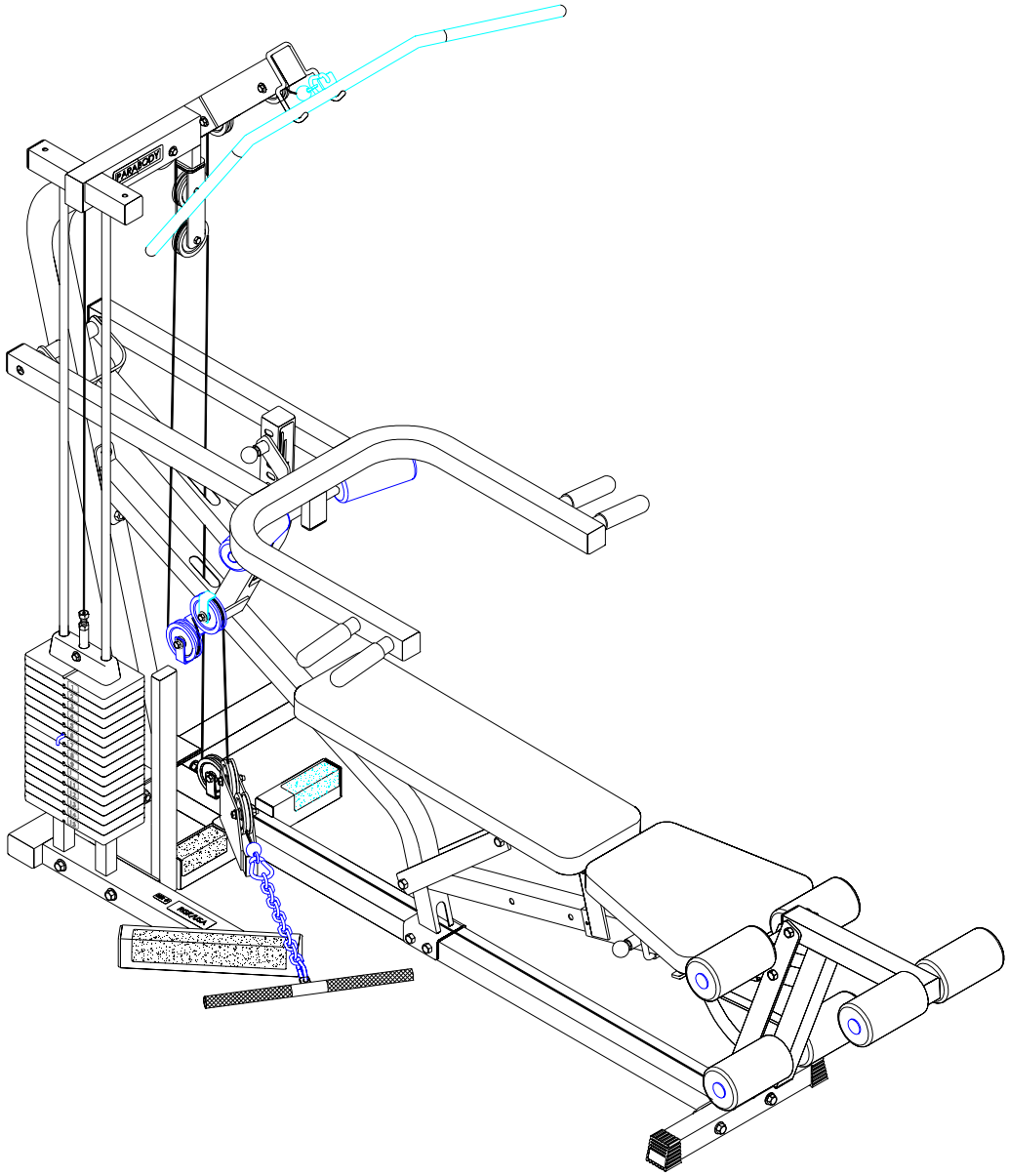
PARABODY

Serious Steel

375101 HOME GYM



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF Serious steel!

Please note:

* Thank you for purchasing the Parabody 375101 Home Gym. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

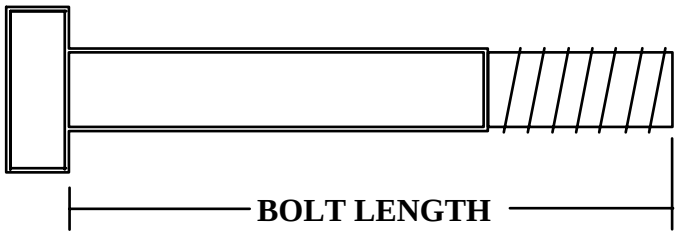
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.
5. Consult your physician before beginning any exercise program.

Tools Required for Assembly

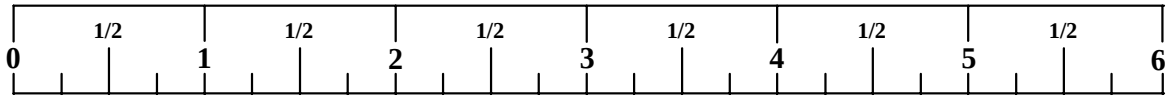
* Rubber mallet or hammer
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* 5/32” Allen wrench
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6830103	BASE	1	37	6806801	1/2" SPRING PIN ASSEMBLY	1
2	6830503	BENCH FRAME	1	38	6075906	12 LINK CHAIN	1
3	6831003	PRESS ARM	1	39	3103801	5/16" SNAP LINK	3
4	6828203	LEG SUPPORT	1	40	6406401	HINGE TAB	2
5	6829003	TOP BOOM	1	41	6686301	U-PIN	1
6	6830803	GUIDE ROD SUPPORT	1	42	3109602	1/2" PAL NUT	1
7	6829502	PRESS ARM ADJUST	1	43	6427101	CLEVIS	1
8	6832203	LEG CURL/EXTENSION	1	44	6145801	THUMBSCREW	1
9	6828603	STACK GUARD	1	45	3117401	CAP PLUG	2
10	6827802	BACK PAD SUPPORT	1	46	6832701	2" SQ. RUBBER BUMPER	1
11	6594702	FLOATING PULLEY	1	47	6270501	4 X 14" NON-SKID STRIP	1
12	6683302	WOLFF SLEEVE	1	48	6177001	2-1/2 X 5-1/2" NON SKID	2
13	6624402	SWIVEL PULLEY BRACKET	1	49	6533501	2-3/8" CABLE RETAINING CLIP	4
14	6681902	1/4 X 2 X 16-1/2" PLATE	2	50	3102802	3/8" LOCK NUT	13
15	6275302	LAT BAR	1	51	3102501	3/8" WASHER	20
16	6387901	LOW ROW BAR	1	52	3102601	3/8" LOCK WASHER	3
17	6125101	3/4 DIA. X 16" TUBE	2	53	3102801	1/2" LOCK NUT	11
18	6375902	1-1/4 X 4-7/8" TUBE	2	54	3102804	1/2" LOW HT. LOCK NUT	6
19	6523401	72-3/8" GUIDE ROD	2	55	3102502	1/2" WASHER	10
20	6194601	4 X 7" ROLLER PAD	6	56	3102503	3/4" WASHER	2
21	6016401	3 X 7" ROLLER PAD	2	57	3106803	5/16" SET SCREW	2
22	6654302	BACK PAD	1	58	6122704	1/4" SPACER	1
23	6681502	SEAT PAD	1	59	6122702	1/2" SPACER	2
24	6409101	ANKLE STRAP	1	60	6480301	3/8" FLANGE SPACER	8
25	6832601	3/4 DIA. X 11" SHAFT	1	61	6020601	1/2" FLANGE BEARING	2
26	6714601	HEAD PLATE	1	62	3104901	3/4" FLANGE BEARING	2
27	6266001	WEIGHT STACK SHAFT	1	63	3102901	3/8 X 1-1/4" BOLT	6
28	6382301	WEIGHT PLATE BUSHING (10ct)	3	64	3102933	3/8 X 2" BOLT	7
29	3108002	WEIGHT STACK CUSHION	2	65	3102922	3/8 X 2-3/4" BOLT	5
30	6214401	WEIGHT STACK PIN	1	66	3102904	3/8 X 3" BOLT	2
31	6214501	WEIGHT PLATE	15	67	3102910	1/2 X 3" BOLT	5
32	6833001	SECONDARY CABLE	1	68	3102917	1/2 X 4" BOLT	9
33	6833101	PRIMARY CABLE	1	69	3102949	1/2 X 5-1/2" BOLT	2
34	3116201	3-1/2" PULLEY	12	70	3116001	1-1/4" RUBBER BUMPER	1
35	3105401	STARLOCK COLLAR	6	71	6189501	WEIGHT STACK LABELS (1-25)	1
36	6412001	3/8" SPRING PIN ASSEMBLY	1				

* Seperate and count all hardware and parts prior to assembly.

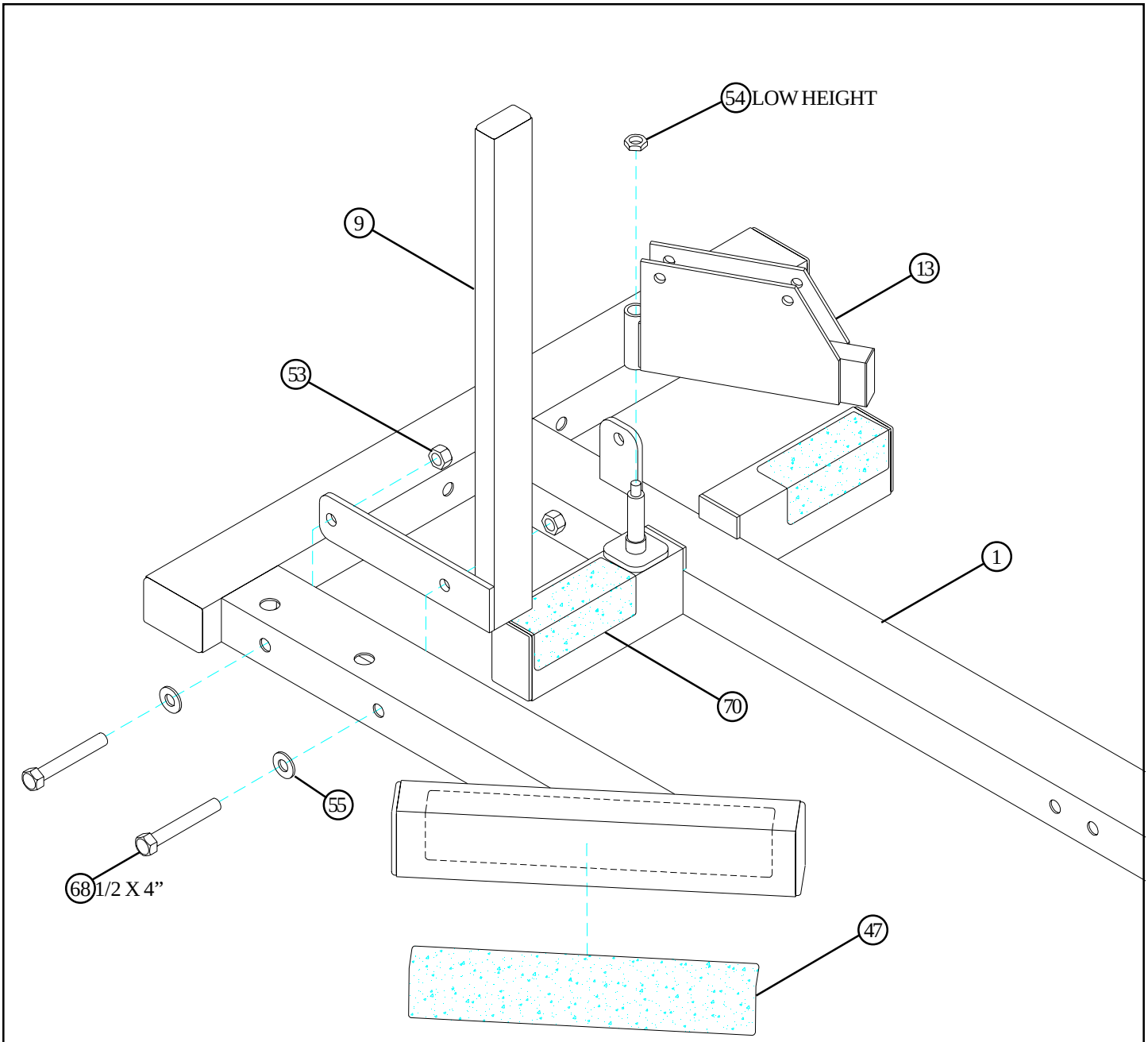


FIGURE 1

STEP 1

- **SECURELY** assemble the STACK GUARD (9) to the BASE (1) using two 1/2 X 4” BOLTS (68), two 1/2 WASHERS (55), and two 1/2” LOC K NUTS (53) as shown in FIGURE 1.

- Assemble the SWIVEL PULLEY BRACKET (13) to the shoulder bolt on the BASE (1) using one 1/2" LOW HEIGHT LOCKNUT (54) as shown in FIGURE 1. **(NOTE: Securely tighten, then back nut off 1/4 turn to allow the SWIVEL PULLEY BRACKET (13) to rotate freely.)**

- Center one 4 X 14" NON SKID STRIP (47) on the BASE (1) as shown in FIGURE 1.

- Assemble two 2-1/2 X 5-1/2" NON SKID STRIP (70) on the BASE (1) as shown in FIGURE 1.

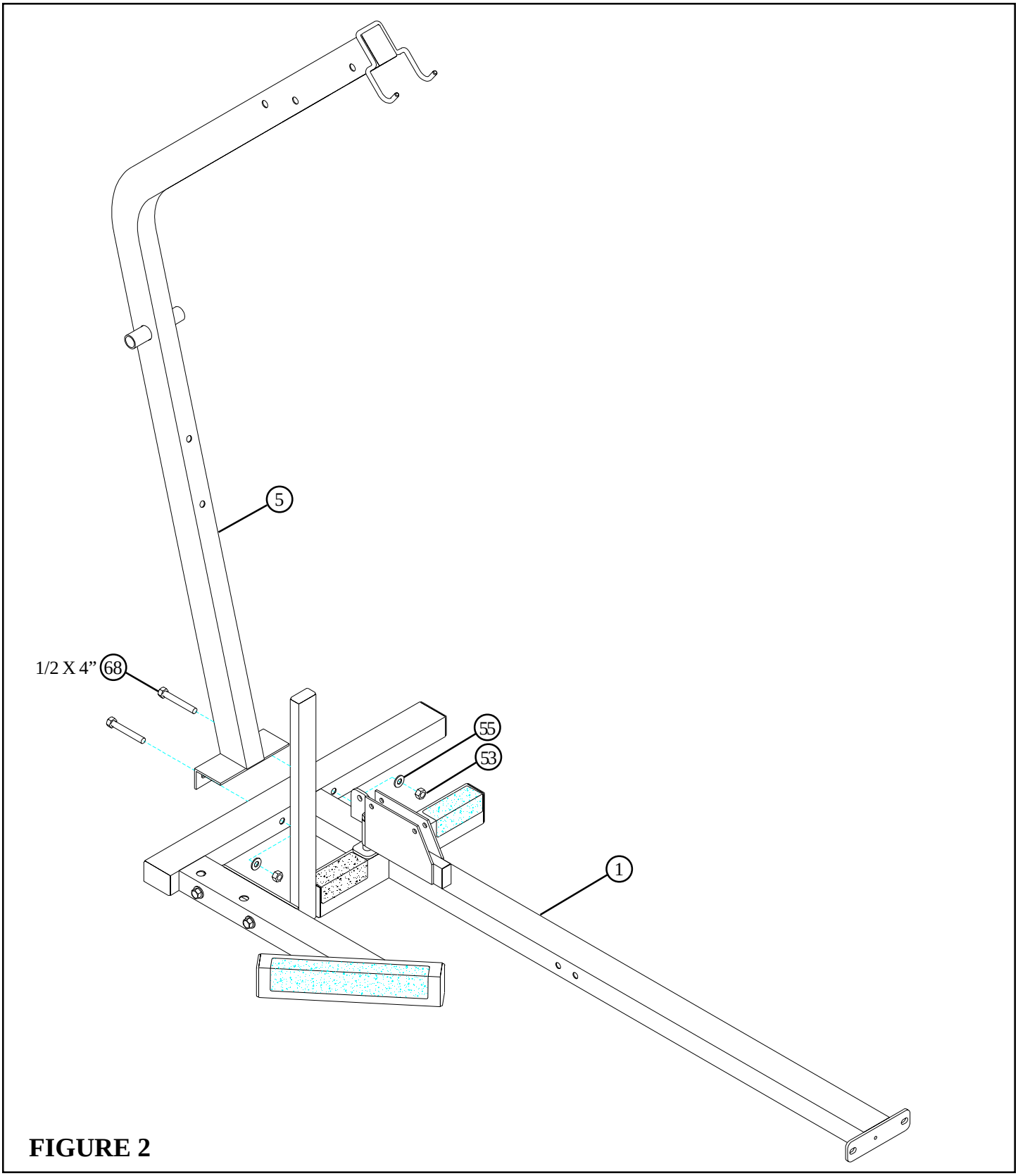
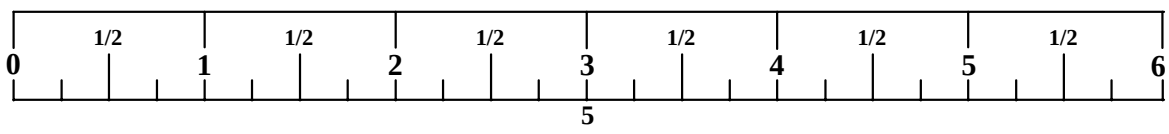


FIGURE 2

STEP 2

- Loosely assemble the TOP BOOM (5) to the BASE (1) using two 1/2 X 4" BOLTS (68), two 1/2" WASHERS (55), and two 1/2" LOCK NUTS (53) as shown in FIGURE 2.



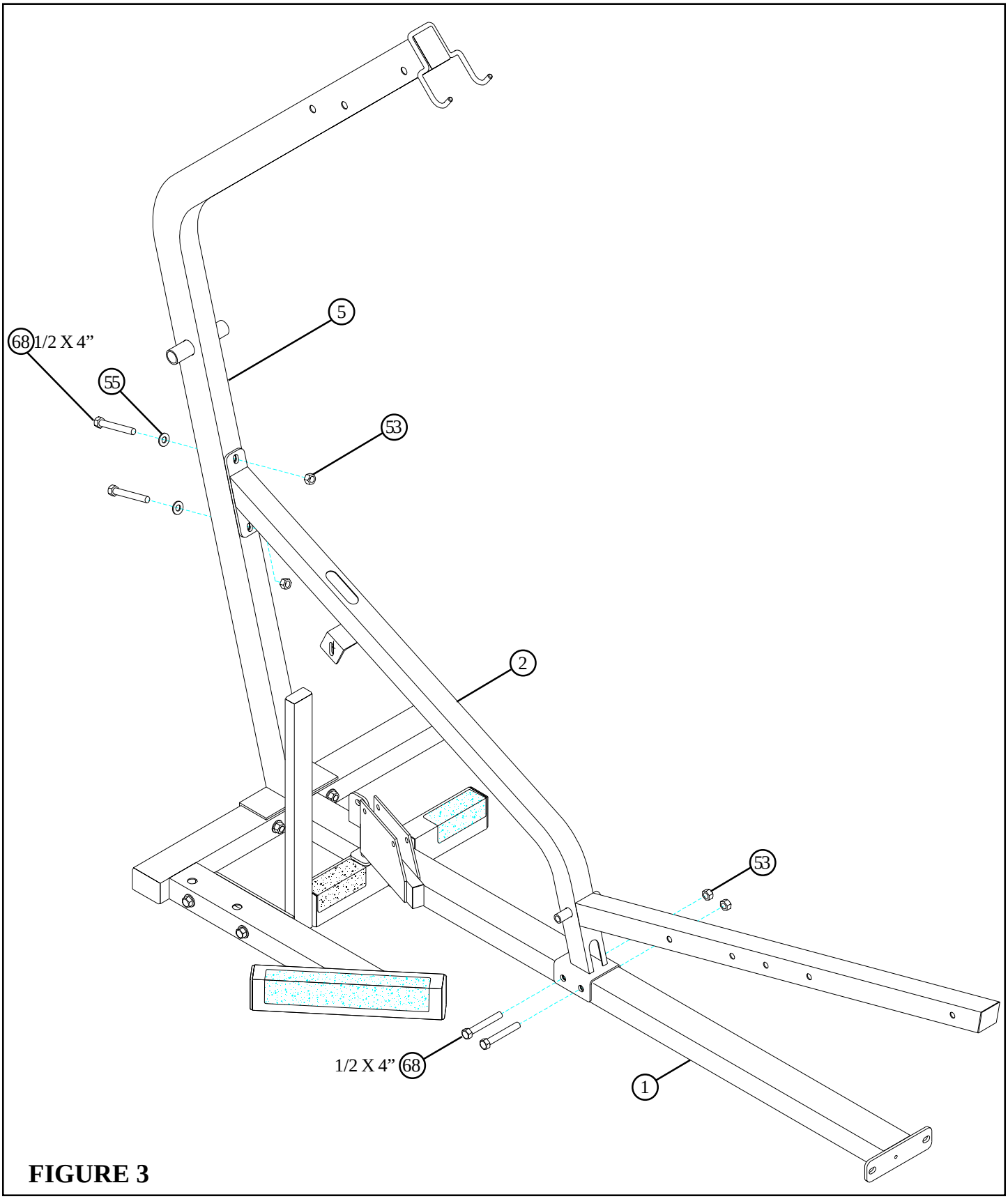


FIGURE 3

STEP 3

- Loosely attach the BENCH FRAME (2) to the BASE (1) and to the TOP BOOM (5) using four 1/2 X 4" BOLTS (68), two 1/2" WASHERS (55), and four 1/2" LOCKNUTS (53) as shown in FIGURE 3.

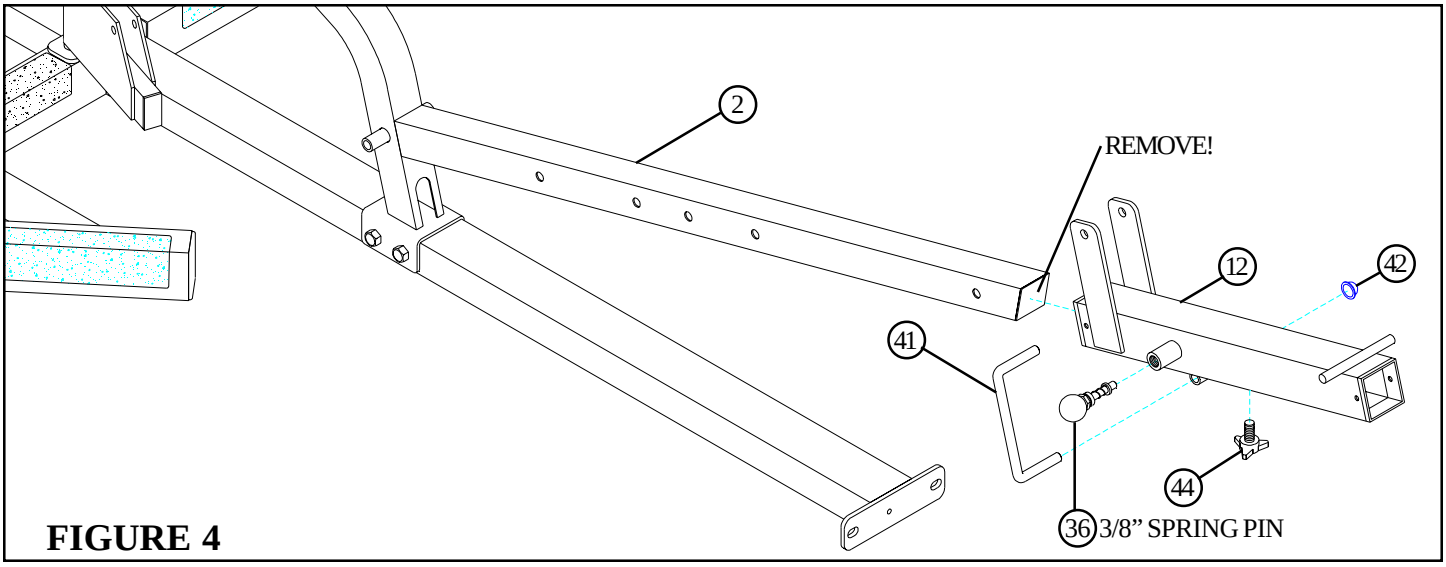


FIGURE 4

STEP 4

- Slide the 1/2" DIA U-PIN (41) through the bushing in the WOLFF SLEEVE (12) then force the 1/2" PAL NUT (42) over end of 1/2" DIA U-PIN (41).
- Remove the 2" SQ. END CAP from the BENCH FRAME (2) before sliding the WOLFF SLEEVE (12) over the BENCH FRAME (2).
- Slide the WOLFF SLEEVE (12) over the BENCH FRAME (2). **(NOTE: Make sure the spring pin barrel is facing as shown in FIGURE 4.)**
- Securely assemb1e one 3/8" SPRING PIN ASSEMBLY (36) and one THUMBSCREW (44) to the WOLFF SLEEVE (12).
- Insert the previously removed 2" SQ. END CAP into the end of the BENCH FRAME.

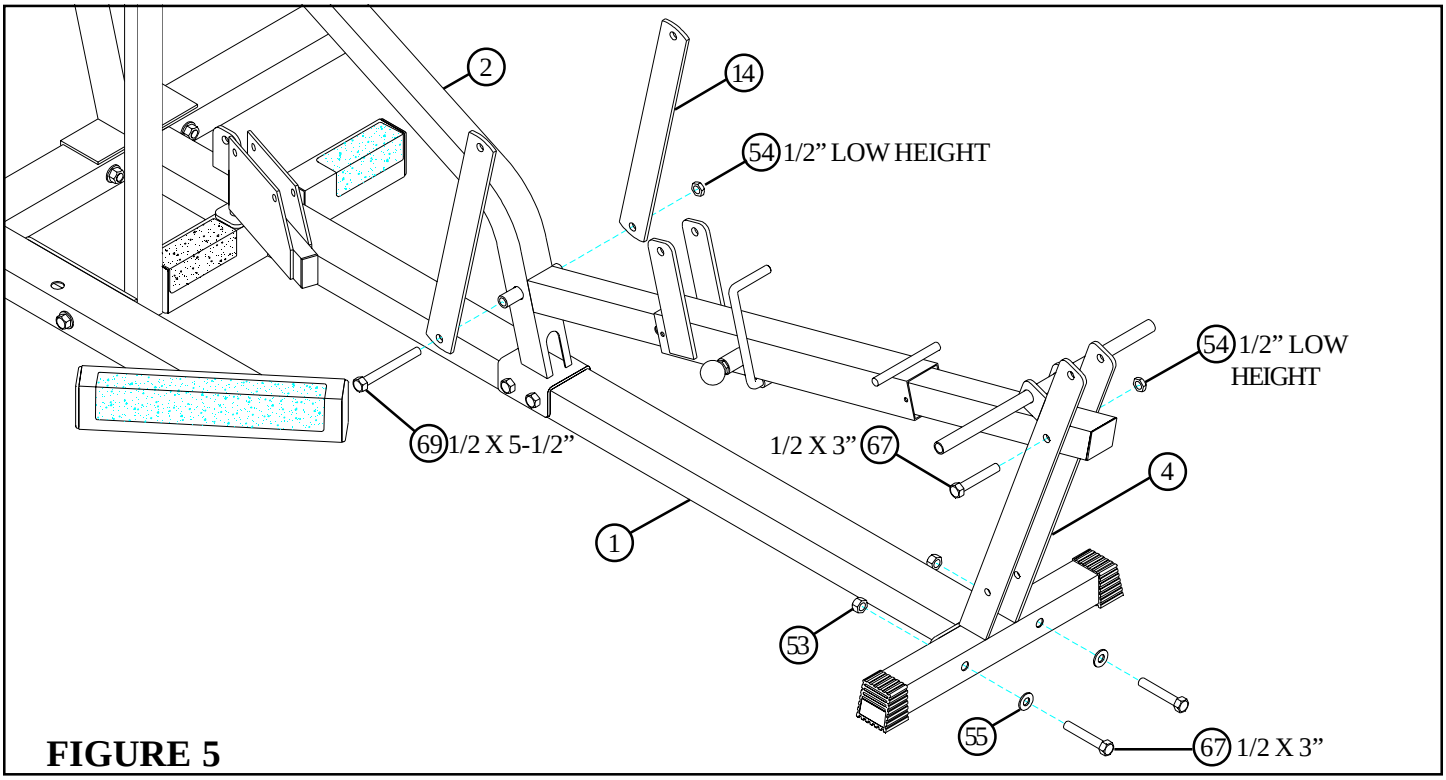


FIGURE 5

STEP 5

- Loosely assemble the LEG SUPPORT (4) to the BASE (1) using three 1/2 X 3" BOLTS (67), two 1/2" WASHERS (55), one 1/2" LOCK NUT (53), and one 1/2" LOW HEIGHT LOCK NUT (54) as shown in FIGURE 5.
- Attach two 1/4 X 2 X 16-1/2" PLATES (14) to the BENCH FRAME (2) using one 1/2 X 5-1/2" BOLT (69) and one 1/2" LOW HEIGHT LOCK NUT (54). **(NOTE: Securely tighten, then back nut off 1/4 turn to allow the 1/4 X 2 X 16-1/2" PLATES (14) to rotate freely.)**

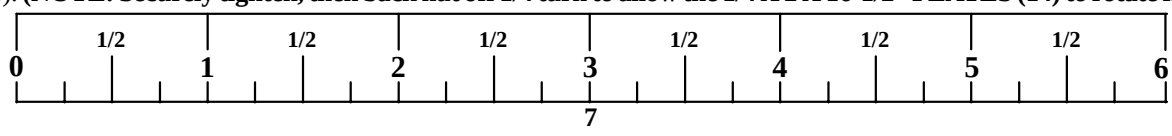
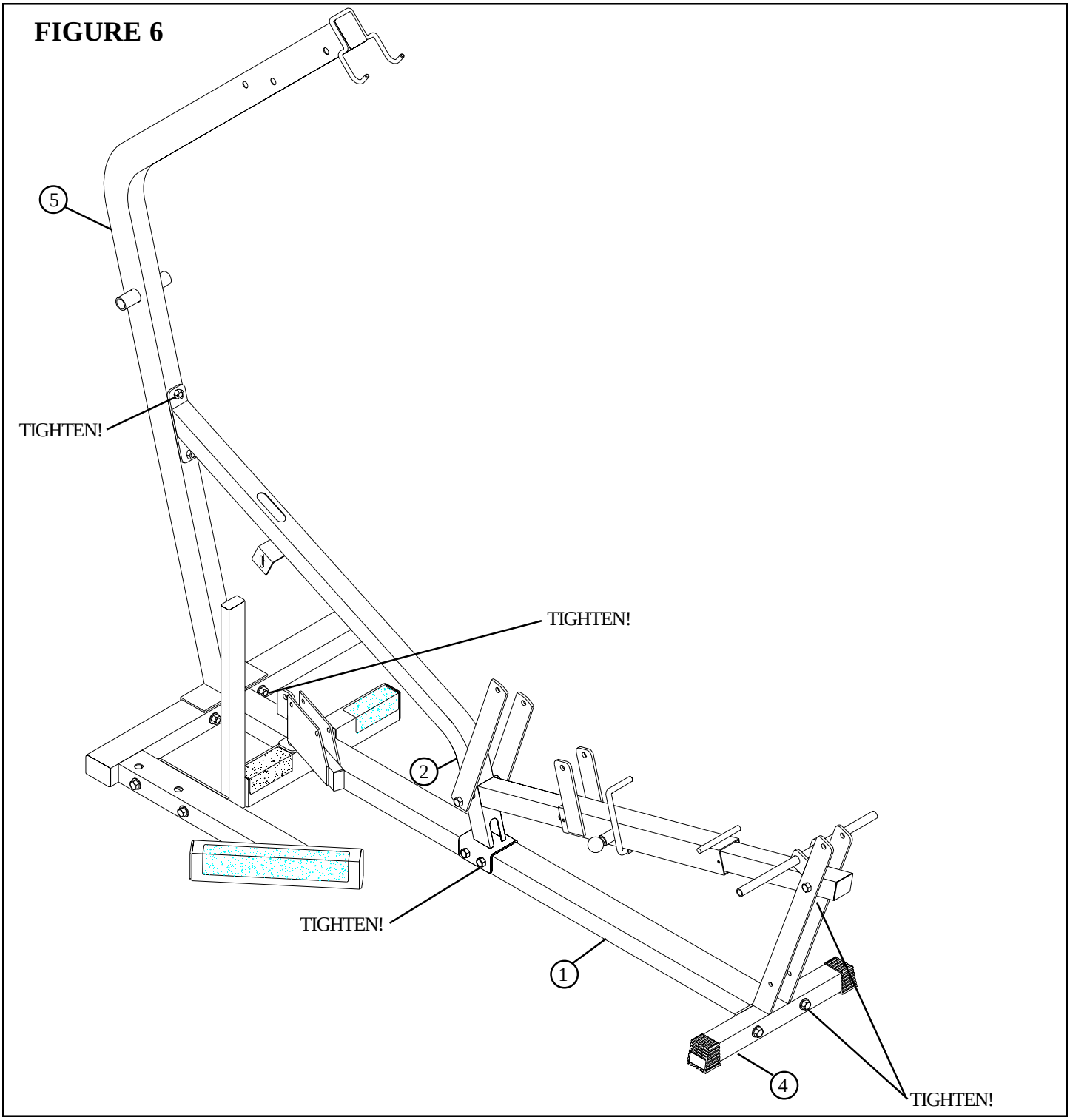


FIGURE 6



STEP 6

Securely tighten all loose frame connections made to this point.

Tighten the:

- TOP BOOM (5) to the BASE (1).
- BENCH FRAME (2) to the BASE (1).
- LEG SUPPORT (4) to the BASE (1) and the BENCH FRAME (2).
- and the TOP BOOM (5) to the BENCH FRAME (2).

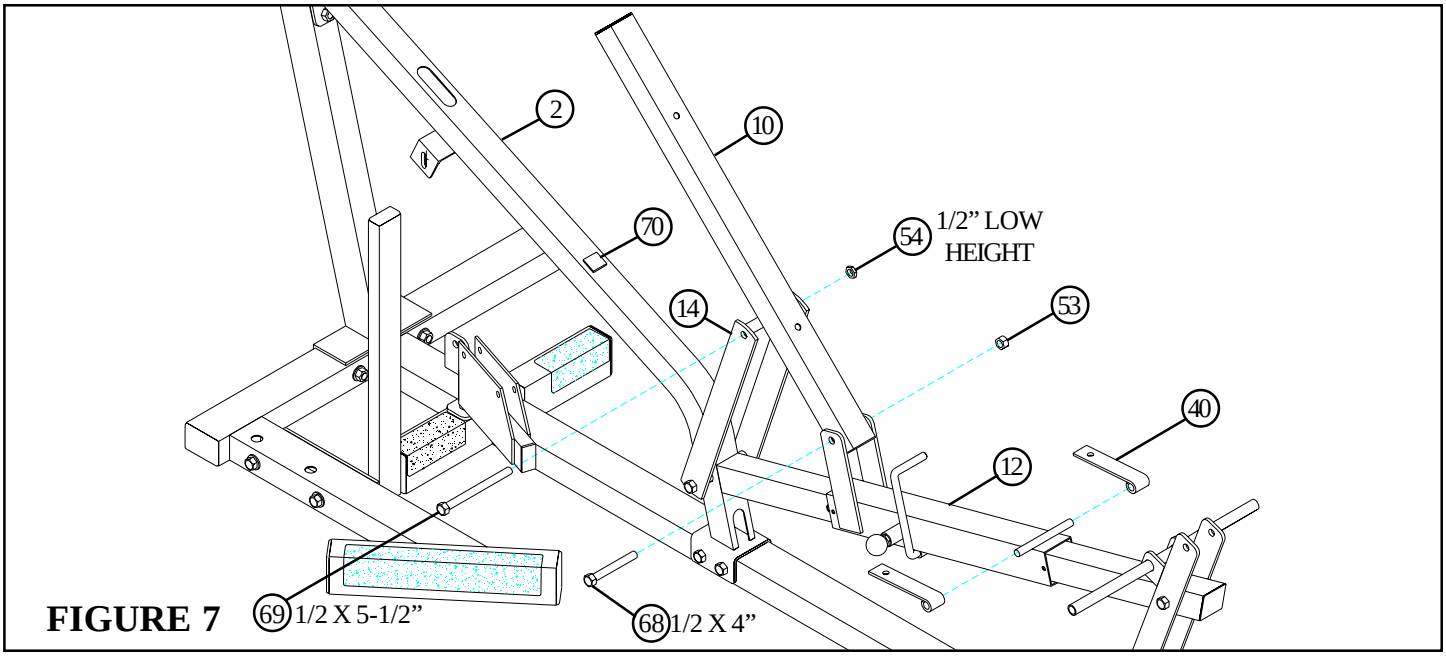


FIGURE 7

STEP 7

- Attach BACK PAD SUPPORT (10) to the WOLFF SLEEVE (12) using one 1/2 X 4" BOLT (68) and one 1/2" LOCK NUT (53). **(NOTE: Securely tighten, then back nut off 1/4 turn to allow the BACK PAD SUPPORT (10) to rotate freely.)** See FIGURE 7.
- Attach both 2 X 16-1/2" PLATES (14) to the bushing on the BACK PAD SUPPORT (10) using one 1/2 X 5-1/2" BOLT (69) and one 1/2" LOW HEIGHT LOCK NUT (54). **(NOTE: Securely tighten, then back nut off 1/4 turn to allow the 2 X 16-1/2" PLATES (14) to rotate freely.)**
- Slide one HINGE TAB (40) on each side of shaft on WOLFF SLEEVE (10) as shown in FIGURE 7.
- Stick one 1-1/4" RUBBER BUMPER (70) on the BENCH FRAME (2) where it makes contact with the BACK PAD SUPPORT (10).

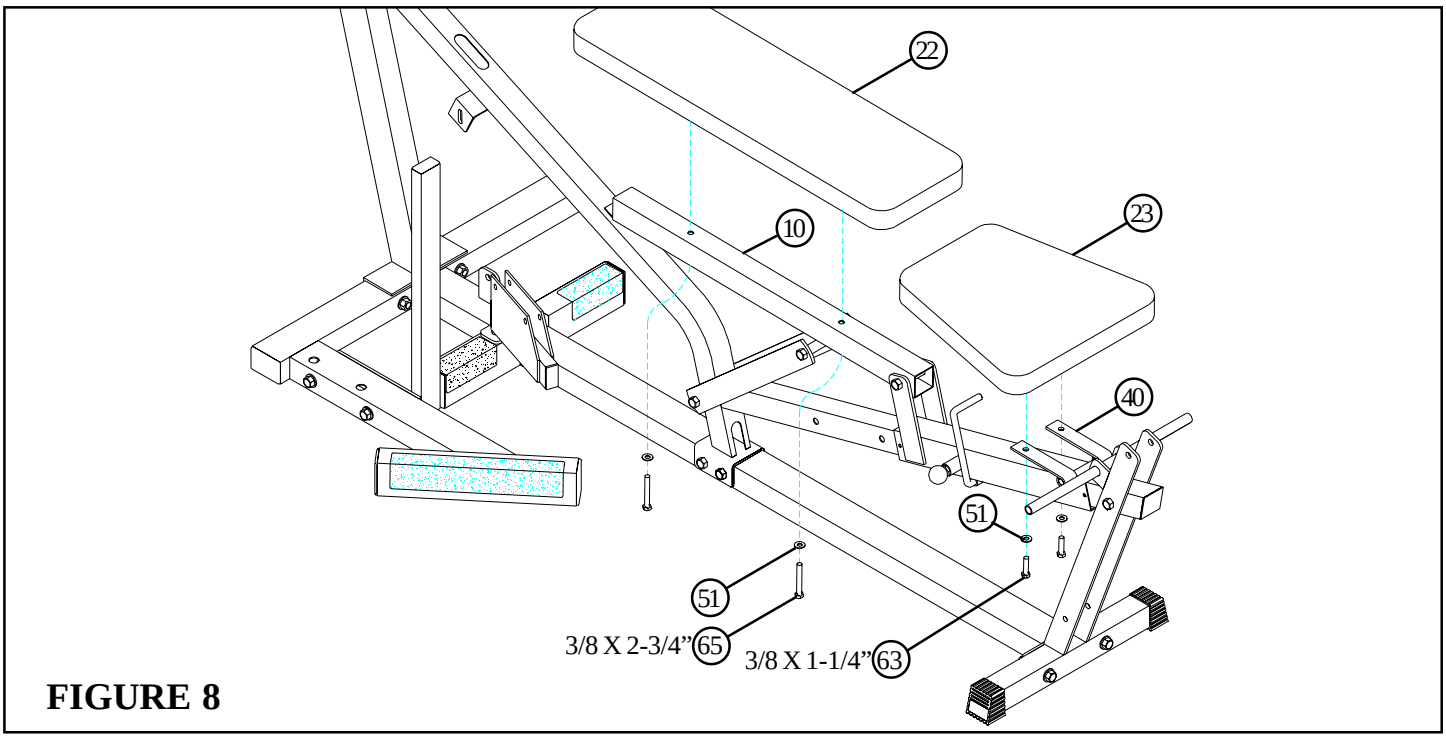
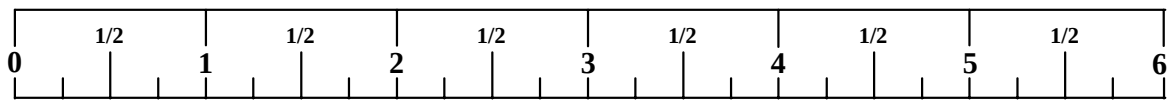


FIGURE 8

STEP 8

- Securely attach BACK PAD (22) to BACK PAD SUPPORT (10) using two 3/8 X 2-3/4" (65) and two 3/8" WASHERS (51).
- Securely attach SEAT PAD (23) to HINGE TABS (40) using two 3/8 X 1-1/4" (63) and two 3/8" WASHERS (51) as shown in FIGURE 8.



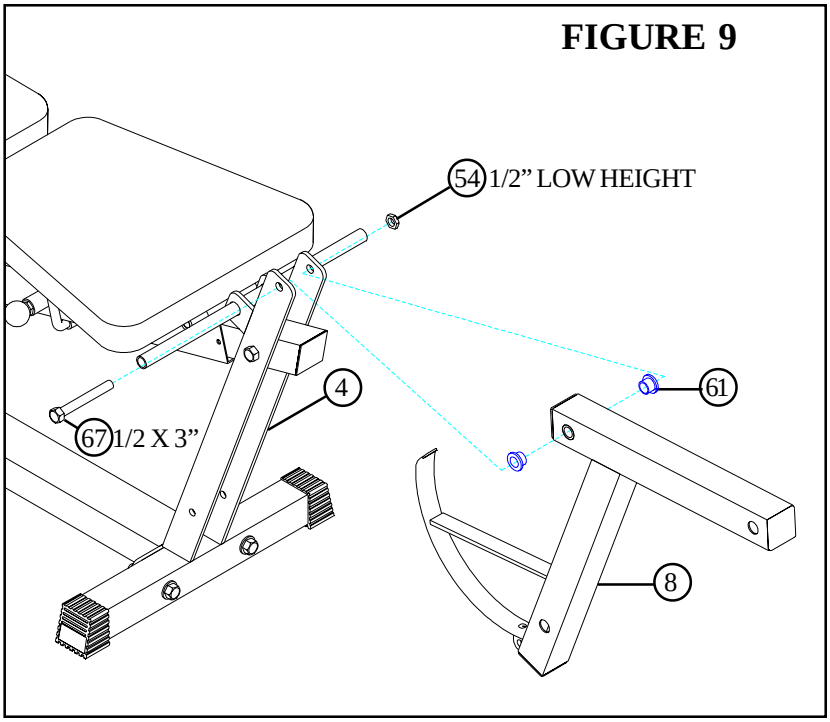


FIGURE 9

STEP 8

- Insert two 1/2" FLANGE BEARINGS (61) into the LEG CURL/EXTENSION (8).

- Assemble the LEG CURL/EXTENSION (8) to the LEG SUPPORT (4) using one 1/2 X 3" (67) and one 1/2" LOW HEIGHT LOCKNUT (54). **(NOTE: Securely tighten, then back nut off 1/4 turn to allow the LEG CURL/EXTENSION (8) to rotate freely.)**

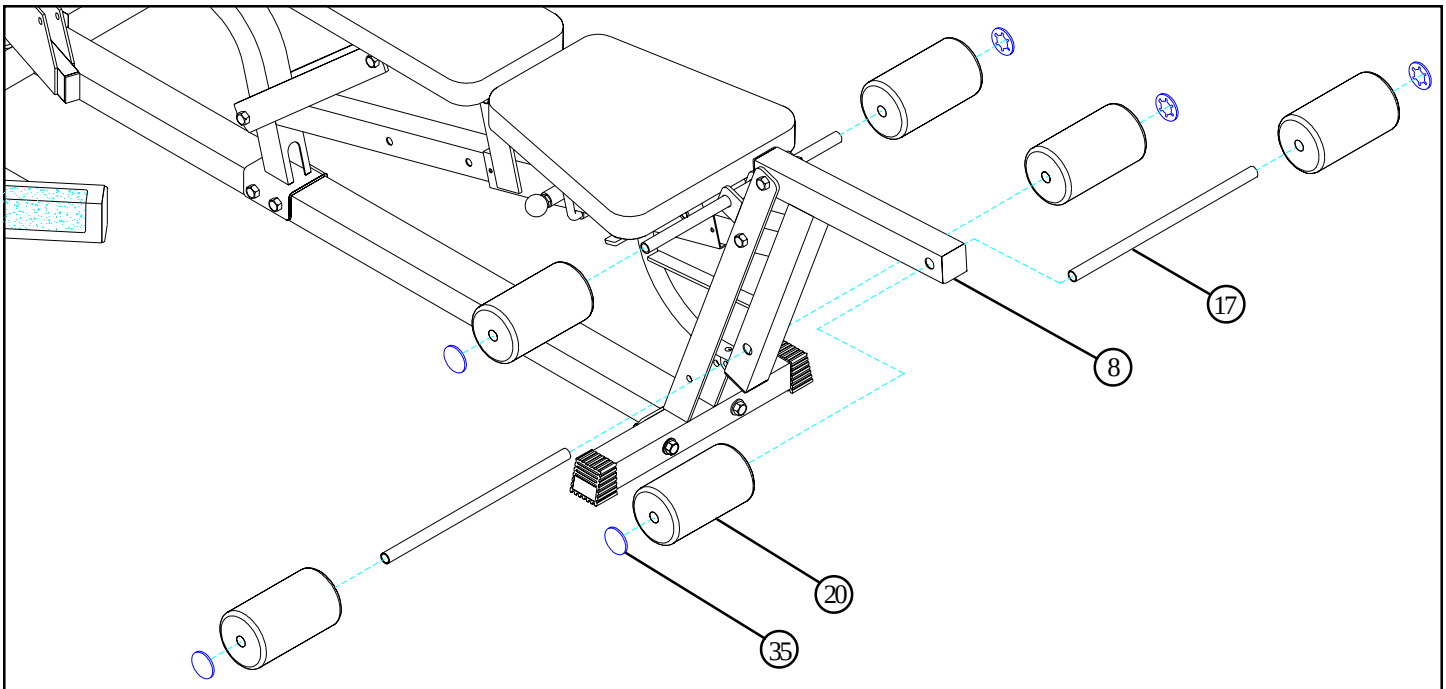


FIGURE 10

STEP 10

- Assemble four 4 X 7" ROLLER PADS (20) to the LEG CURL/EXTENSION (8) as shown on FIGURE 9 using two 3/4 DIA. X 16" TUBES (17) and four STARLOCK COLLARS (35).

- Assemble two 4 X 7" ROLLER PAD (20) to the tube on the BENCH FRAME (2) as shown on FIGURE 9 using two STARLOCK COLLARS (35) as shown in FIGURE 10.

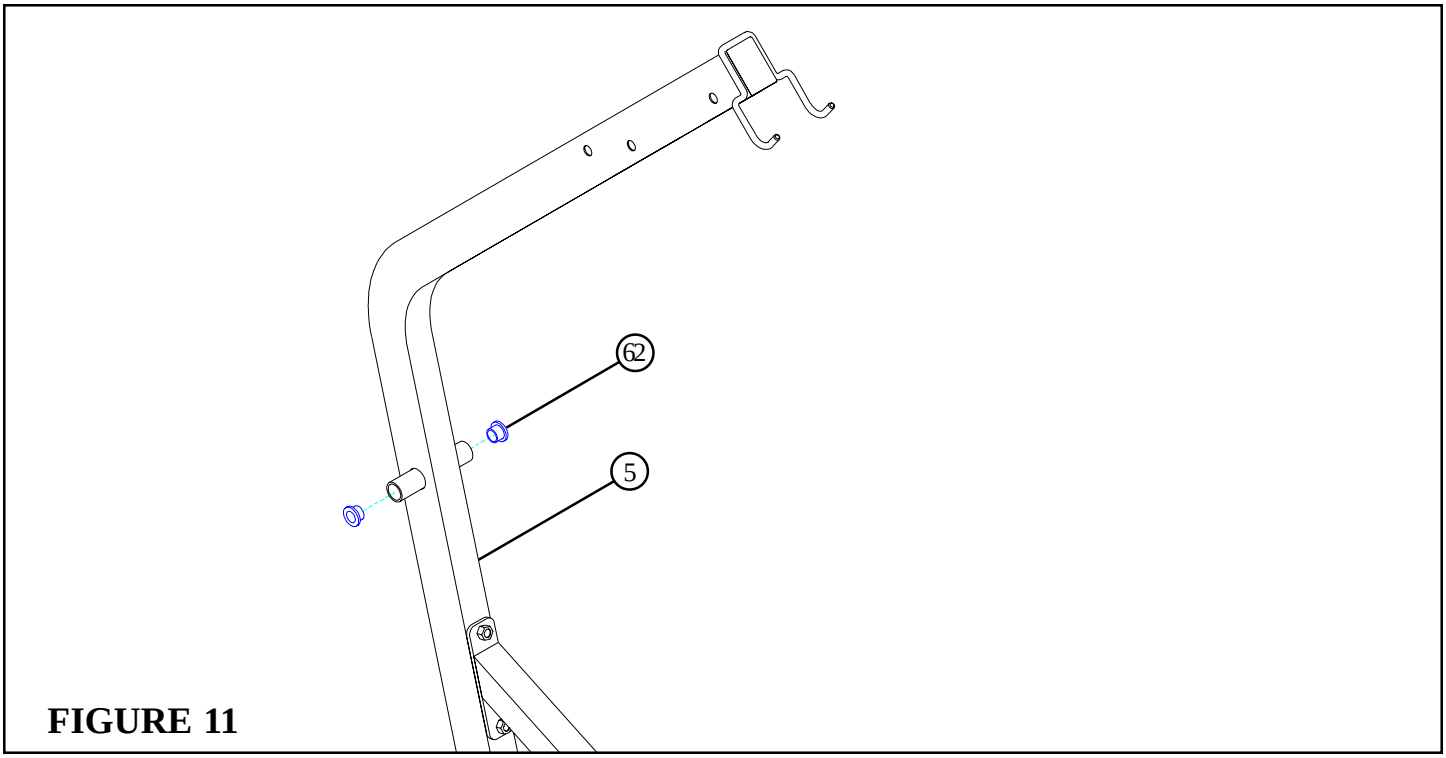


FIGURE 11

STEP 11

- Insert two 3/4" FLANGE BEARINGS (62) into bushings on the TOP BOOM (5) as shown in FIGURE 11.

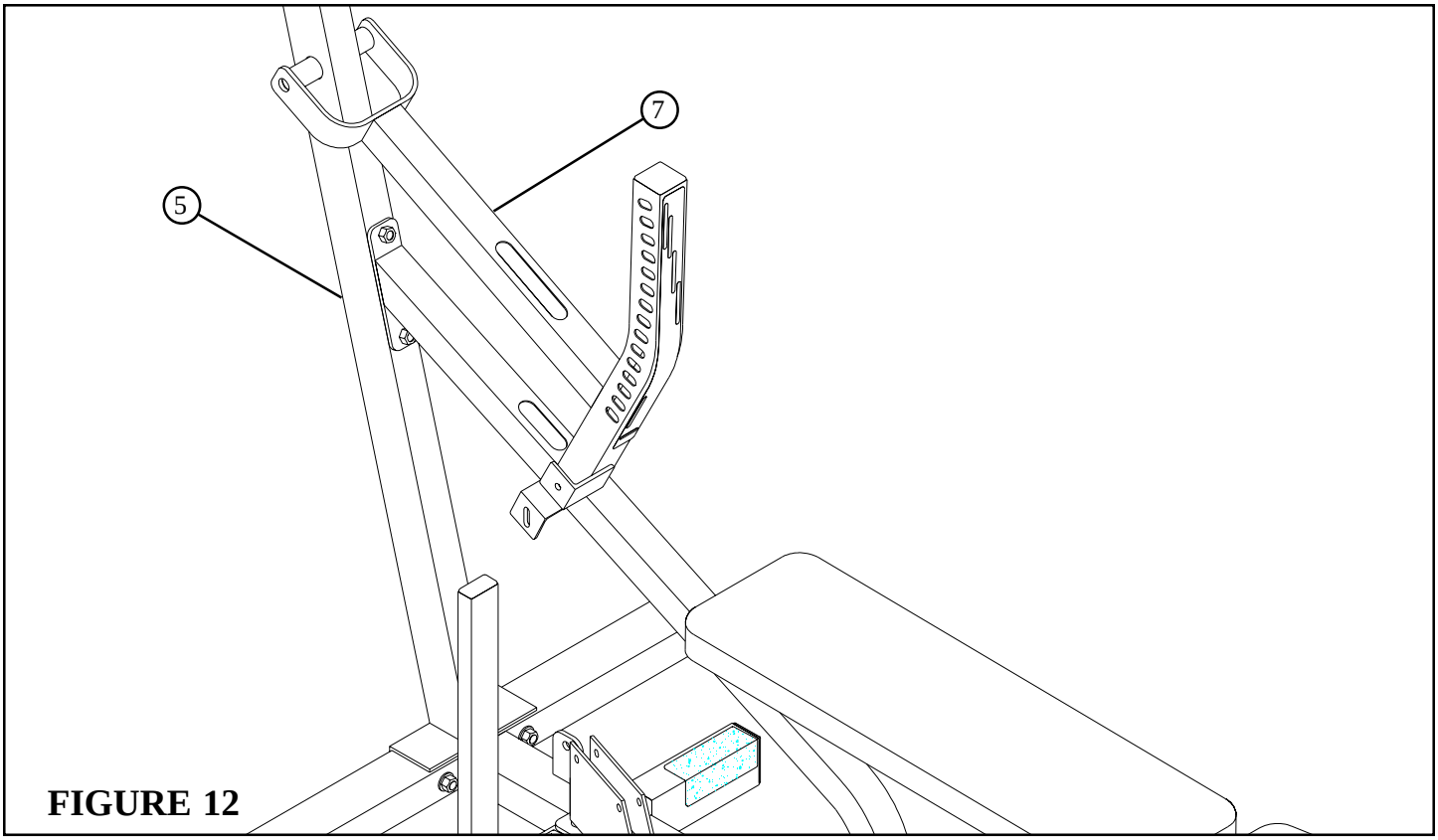
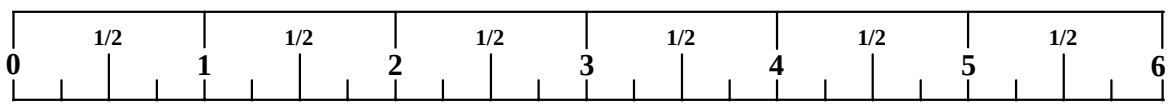


FIGURE 12

STEP 12

- Slide the PRESS ARM ADJUST (7) over the bearings in the TOP BOOM (5) as shown in FIGURE 11. **(NOTE: Steps 12 & 13 may require two people to assemble.)**



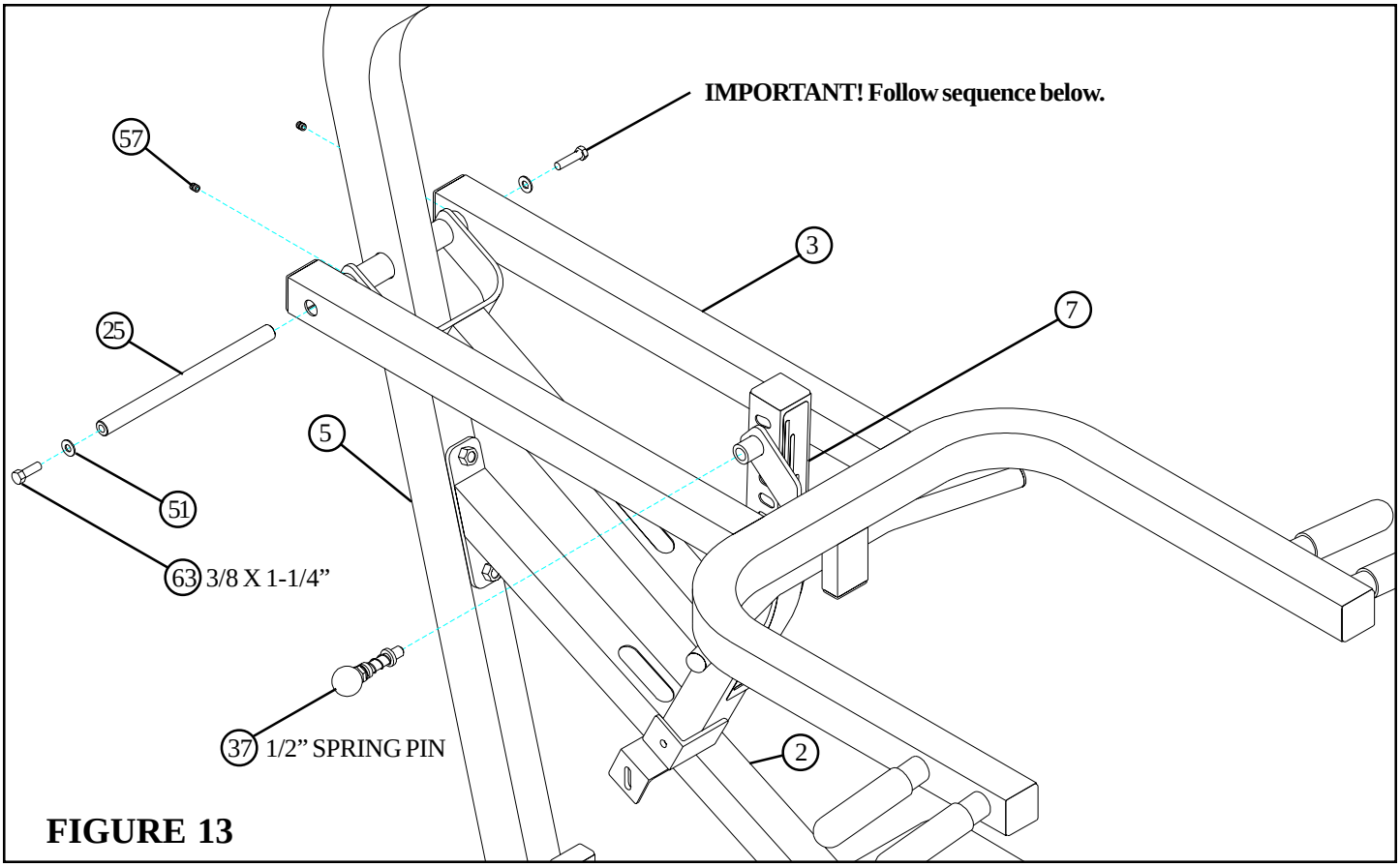


FIGURE 13

STEP 13

- Slide the PRESS ARM (3) over the PRESS ARM ADJUST (7) as shown in FIGURE 13.
- Slide one 3/4 DIA X 11" SHAFT (25) through PRESS ARM (3), PRESS ARM ADJUST (7), and TOP BOOM (5) as shown in FIGURE 13.

Use the following sequence to tighten the PRESS ARM:

1. Center PRESS ARM (3) and PRESS ARM ADJUST (7) over the BENCH FRAME (2) and have someone firmly hold in place until sequence 3 is completed..
2. Assemble two 3/8 X 1-1/4” BOLTS (63) and two 3/8” WASHERS (51) to the 3/4” DIA X 11” SHAFT (25) as shown in FIGURE 12.**(NOTE: SIMULTANEOUSLY tighten bolts, then back nut off 1/4 turn to allow the PRESS ARM (3) to rotate freely.)**
3. **SECURELY** tighten two 5/16” SET SCREWS (57) to the collars on the end of the PRESS ARM (3) as shown in FIGURE 13.
4. **SECURELY** assemble one 1/2” SPRING PIN ASSEMBLY (37) into the SPRING PIN BARREL on the PRESS ARM (3). Pull back on spring pin until it engages with one of the slots in the PRESS ARM ADJUST (7).
5. If further adjustment is necessary, loosen the bolts securing the TOP BOOM (5) to the BASE (1) and BENCH FRAME (2), reposition TOP BOOM accordingly and retighten.

STEP 14

- Snap two WEIGHT PLATE BUSHINGS (28) each, into the top side of fifteen WEIGHT PLATES (31) as shown in FIGURE 13.

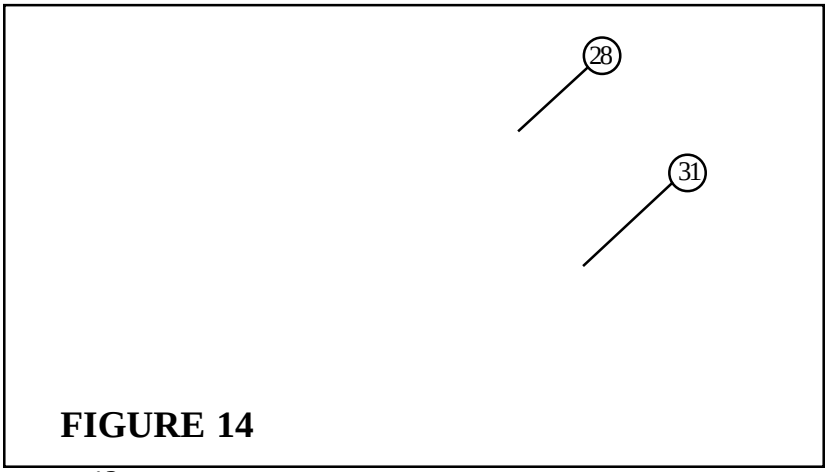


FIGURE 14

STEP 15

- Securely assemble the WEIGHT STACK SHAFT (27) to the HEAD PLATE (26) using one 3/8 X 1-1/4" BOLT (63) and one 3/8" LOCK WASHER (52).
- Insert two GUIDE RODS (19) into the BASE (1) as shown on FIGURE 15. **(NOTE: Lubricate GUIDE RODS (19) with silicon or teflon spray available at most hardware stores.)**
- Slide two 1-1/4 X 4-7/8" TUBES (18), two 3/4" WASHERS (56), and two WEIGHT STACK CUSHIONS (29) - **IN THAT ORDER** - down over the GUIDE RODS (19).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (31) down over the GUIDE RODS (19) on to the WEIGHT STACK CUSHIONS (29). Make sure that the keyholes of the WEIGHT PLATES (31) are all facing the right way.
- Slide the head plate assembly down over the GUIDE RODS (19) onto the weight stack.
- Insert two CAP PLUGS (45) into the top ends of the GUIDE RODS (19).
- Attach the WEIGHT STACK LABELS (71) to the weight stack. Also insert the WEIGHT STACK PIN (30) into the first WEIGHT PLATE (31) of the weight stack.

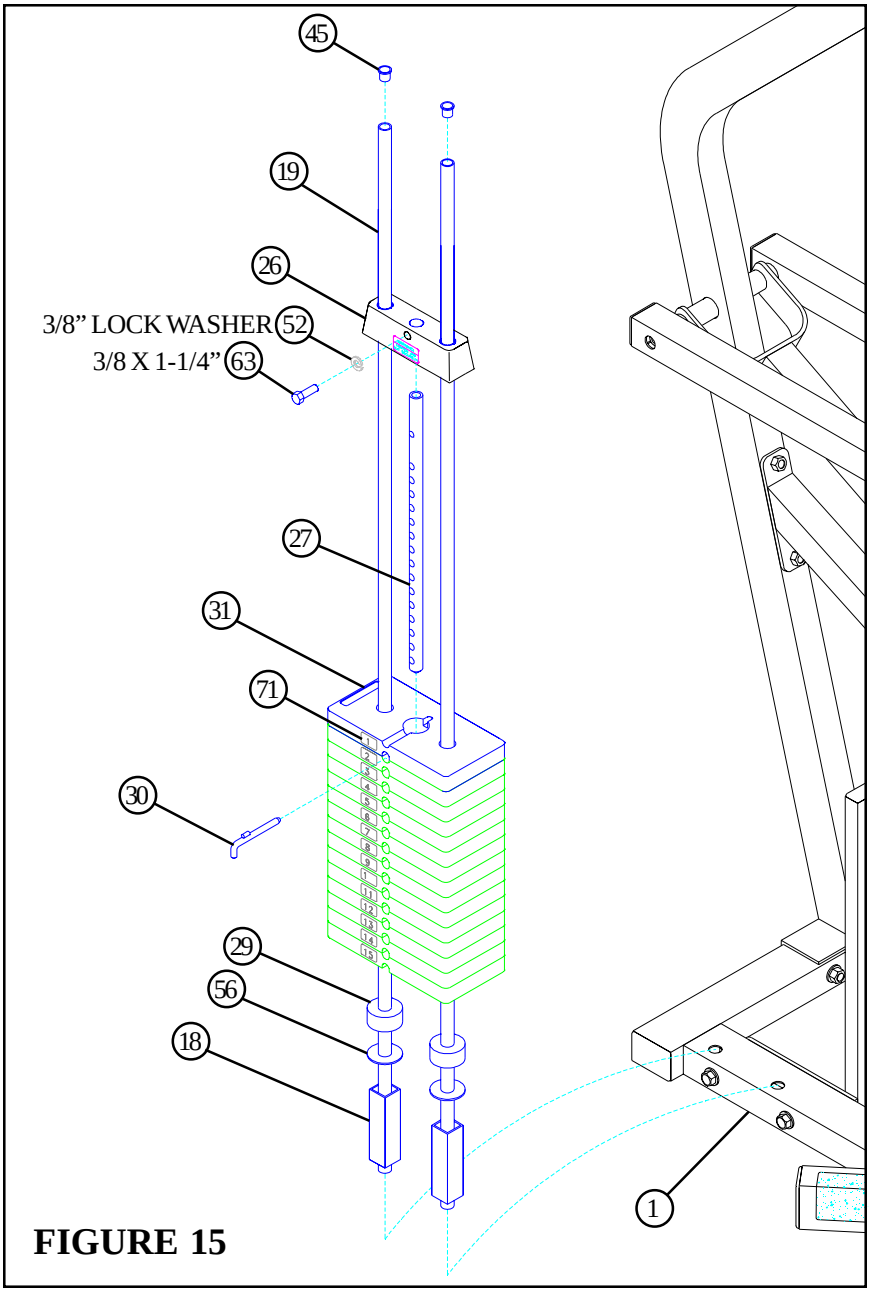


FIGURE 15

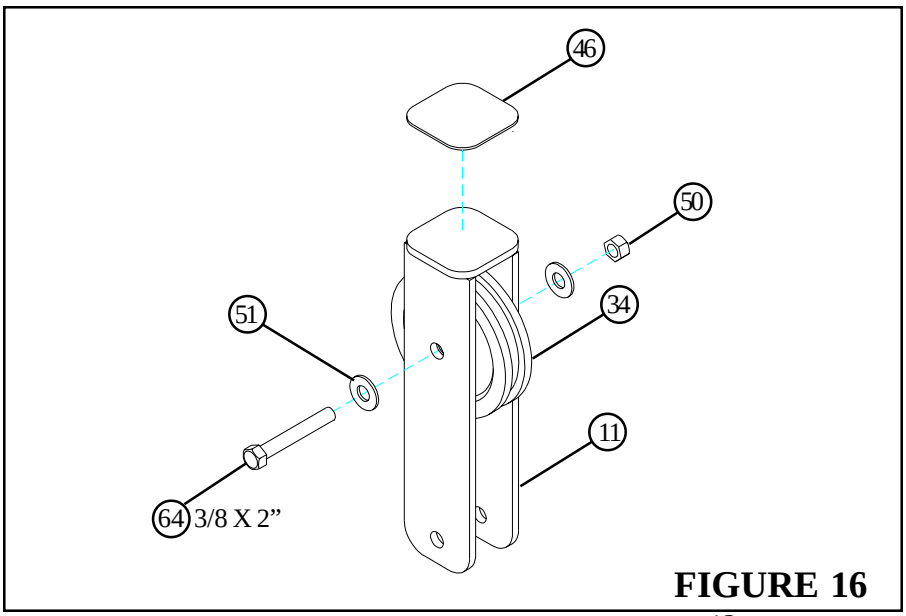
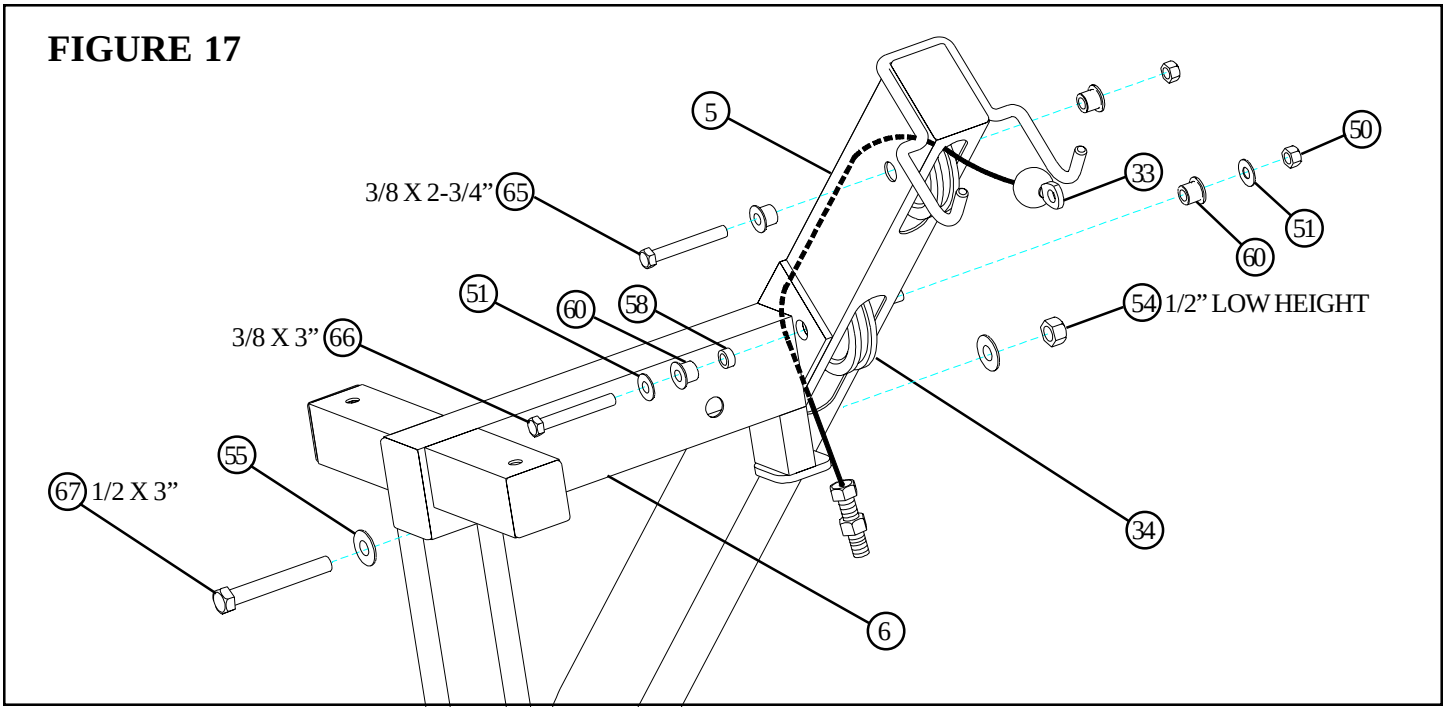


FIGURE 16

STEP 16

- **SECURELY** assemble one 3-1/2" PULLEY (34) to the FLOATING PULLEY BRACKET (11) using one 3/8 X 2" BOLT (64), two 3/8" WASHER (51), and one 3/8" LOCKNUT (50) as shown in FIGURE 16.
- Assemble one 2" SQ. RUBBER BUMPER (46) to the FLOATING PULLEY BRACKET (11) as shown in FIGURE 16.

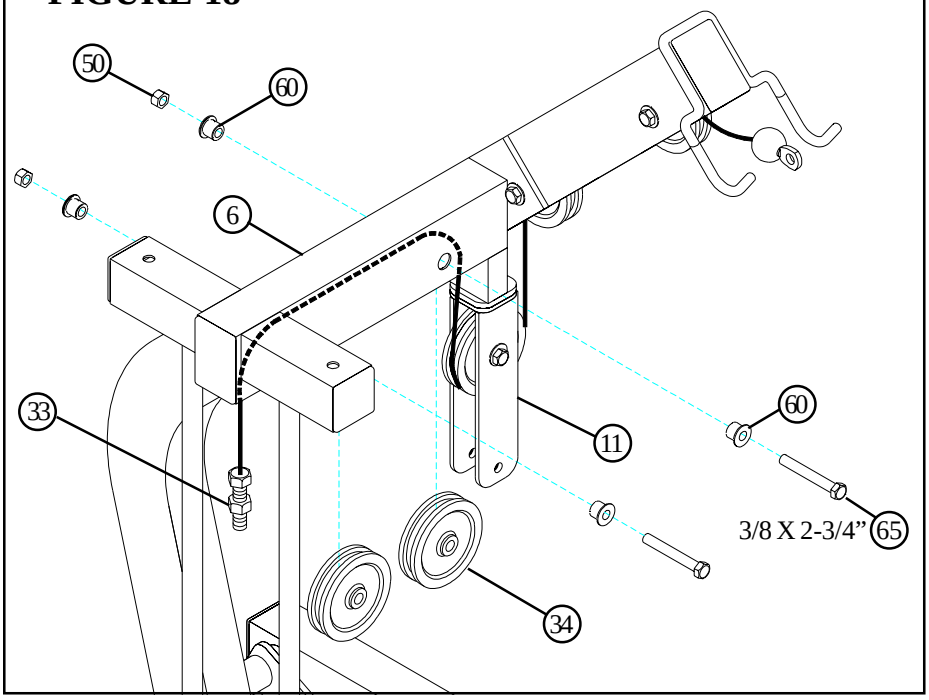
FIGURE 17



STEP 17

- Slide the GUIDE ROD SUPPORT (6) onto GUIDE RODS (19) and swing the assembly up to the TOP BOOM (5).
- Route the threaded end of PRIMARY CABLE (33) through the TOP BOOM (5) as shown in FIGURE 17.
- **SECURELY** assemble one 3-1/2" PULLEY (34) to the front slot in the TOP BOOM (5) using one 3/8 X 2-3/4" BOLT (65), two 3/8" FLANGE SPACERS (60), and one 3/8" LOCKNUT (50) as shown in FIGURE 17.
- **SECURELY** assemble one 3-1/2" PULLEY (34) to the rear slot in the TOP BOOM (5) and the GUIDE ROD SUPPORT (6) using one 3/8 X 3" BOLT (66), two 3/8" WASHERS (51), one 1/4" SPACER (58), two 3/8" FLANGE SPACERS (60), and one 3/8" LOCKNUT (50) as shown in FIGURE 17.
- **SECURELY** assemble the GUIDE ROD SUPPORT (6) to the TOP BOOM (5) using one 1/2 X 3" BOLT (67), two 1/2" WASHER (55), and one 1/2" LOW HEIGHT LOCK NUT (54) as shown in FIGURE 17.

FIGURE 18



STEP 18

- Route the PRIMARY CABLE (33) around the pulley in the FLOATING PULLEY BRACKET (11) as shown in FIGURE 18.
- **SECURELY** assemble two 3-1/2" PULLEYS (34) to the GUIDE ROD SUPPORT (6) using two 3/8 X 2-3/4" BOLTS (65), four 3/8" FLANGE SPACERS (60) and two 3/8" LOCK NUTS (50). See FIGURE 18.

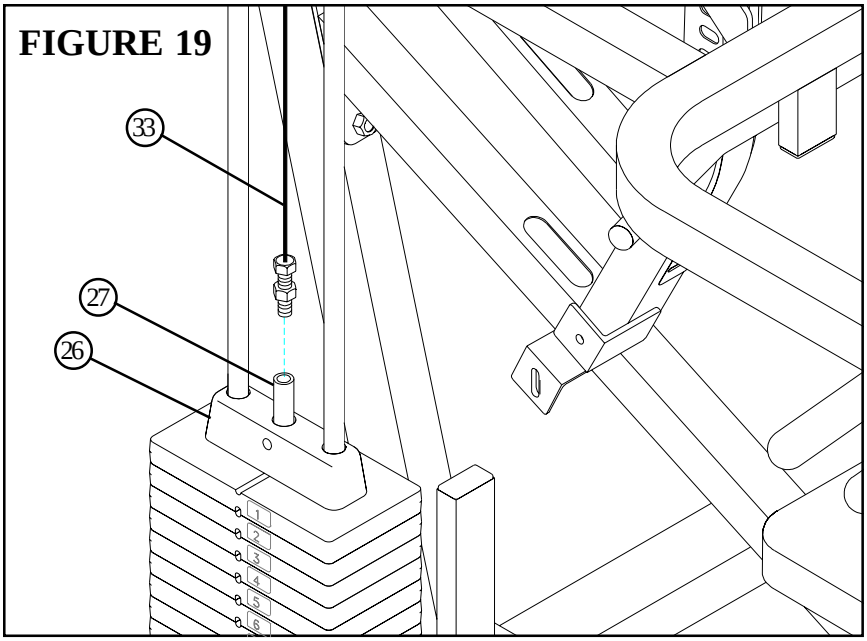


FIGURE 19

STEP 19

CABLE ADJUSTMENT

- Screw the threaded end of the PRIMARY CABLE (33) into the end of the WEIGHT STACK SHAFT (27) until the FLOATING PULLEY BRACKET (11) firmly contacts the GUIDE ROD SUPPORT (6) and the CABLE (33) slightly pulls on the HEAD PLATE (26). Tighten the jam nut securely. See FIGURE 19.

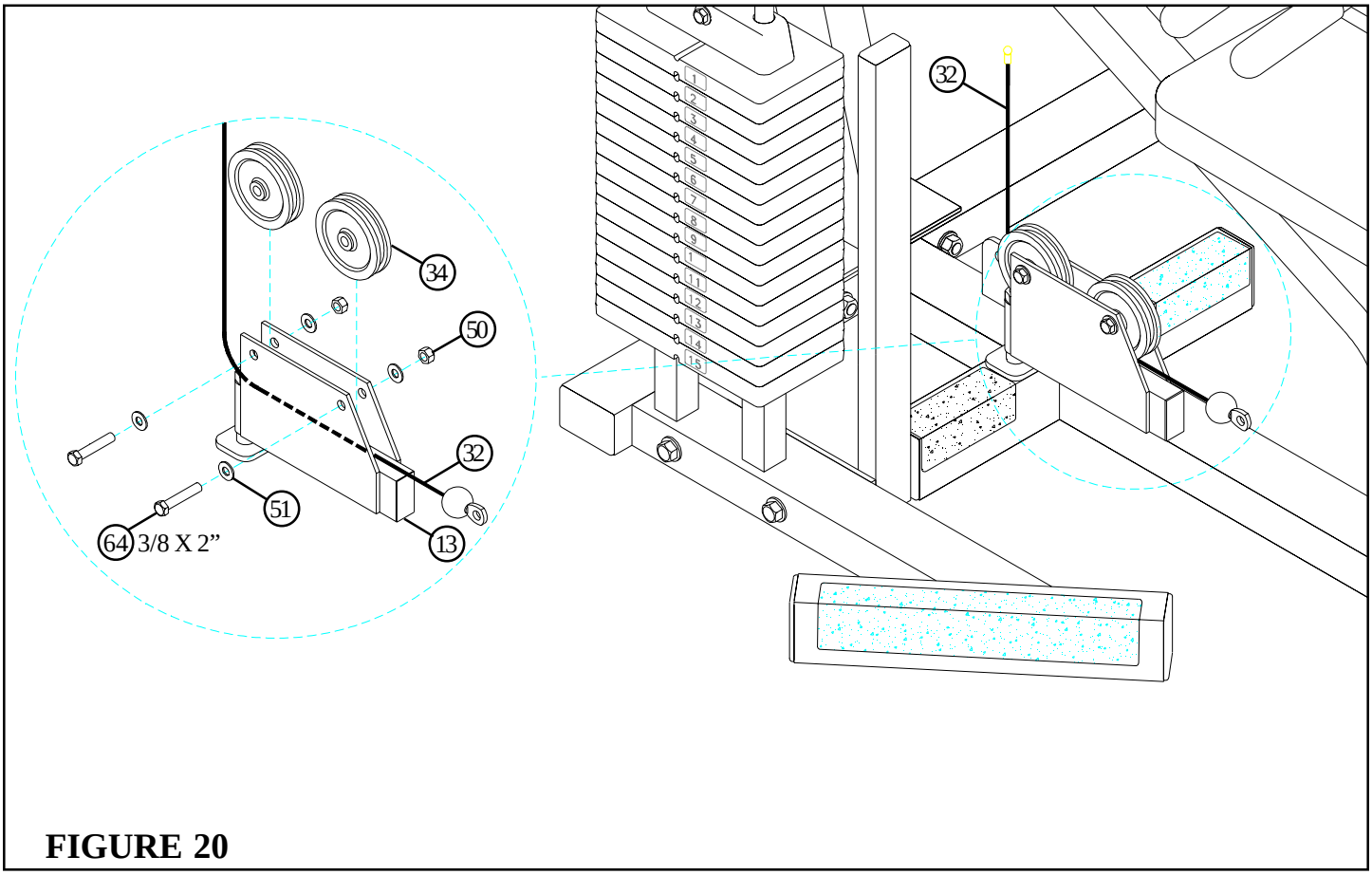
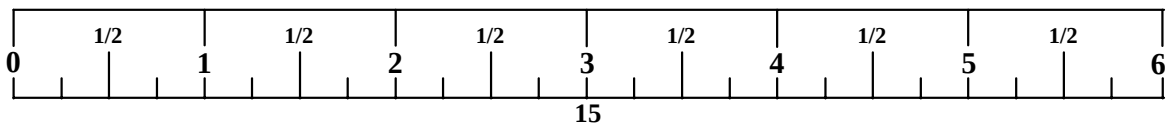


FIGURE 20

STEP 20

- **SECURELY** assemble two 3-1/2” PULLEYS (34) to the SWIVEL PULLEY BRACKET (13) using two 3/8 X 2” BOLTS (64), four 3/8” WASHERS (51) and two 3/8” LOCK NUTS (50) as shown in FIGURE 20.

- Route the metal ball end of the SECONDARY CABLE (32) through the SWIVEL PULLEY BRACKET (13) as shown in FIGURE 20.



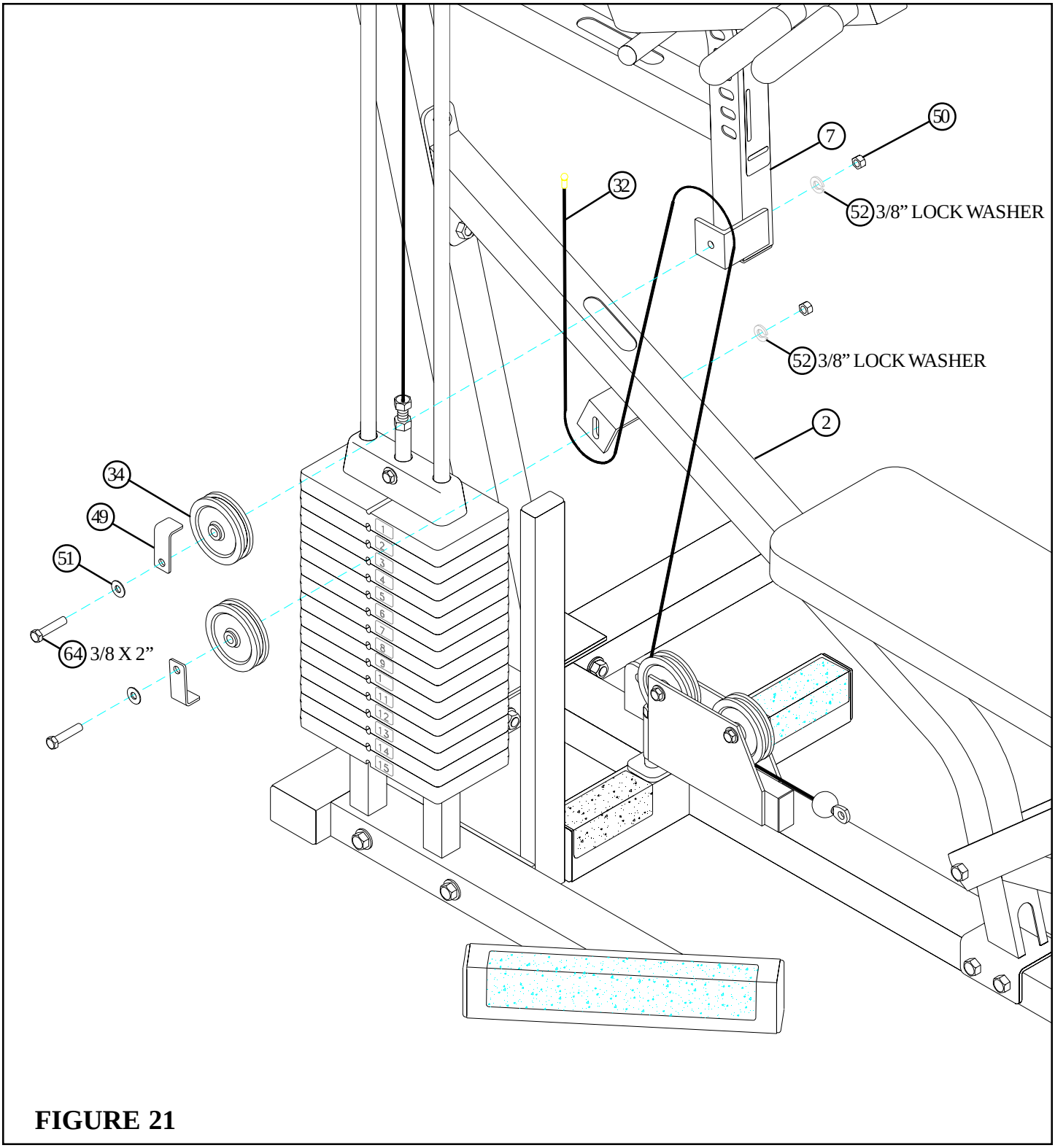
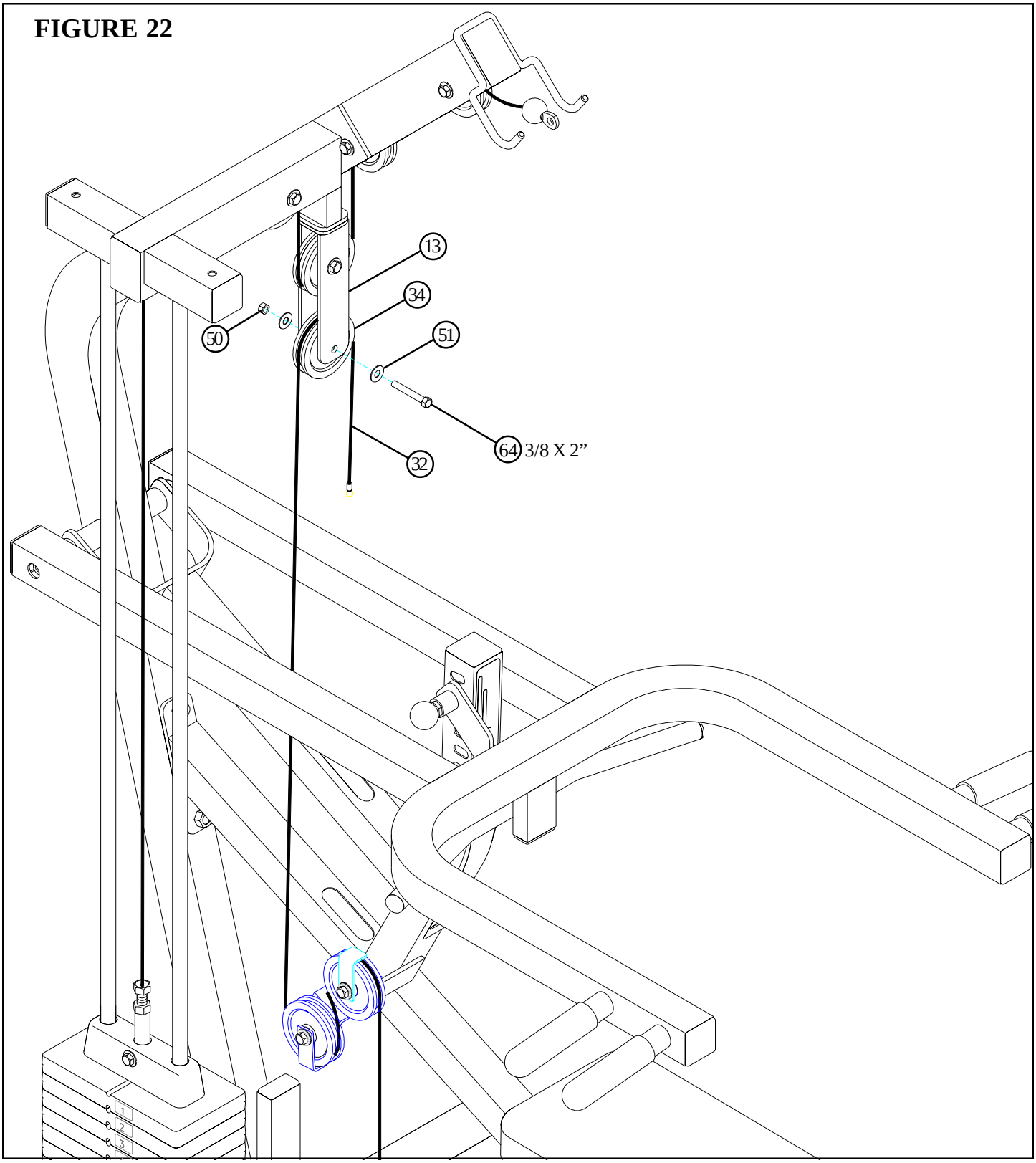


FIGURE 21

STEP 21

- **SECURELY** assemble one 3-1/2" PULLEY (34) to the angle on the PRESS ARM ADJUST (7) using one 3/8 X 2" BOLT (64), one 3/8" WASHER (51), one 2-3/8" CABLE RETAINING CLIP (49), one 3/8" LOCK WASHER (52) and one 3/8" LOCK NUT (50) as shown in FIGURE 21.
- **SECURELY** assemble one 3-1/2" PULLEY (34) to the angle on the BENCH FRAME (2) using one 3/8 X 2" BOLT (64), one 3/8" WASHER (51), one 2-3/8" CABLE RETAINING CLIP (49), one 3/8" LOCK WASHER (52) and one 3/8" LOCK NUT (50) as shown in FIGURE 21. **(Position Pulley so that the Bolt is in the middle of the slot.)**
- Route the SECONDARY CABLE (32) around the pulleys and retaining clips. **(NOTE: The bolt holding pulley and retaining clip may need to be loosened to align cable retaining clip with cable.)**

FIGURE 22



STEP 22

- Route the ball end of the CABLE (32) around one 3-1/2” PULLEY (34) assembled to the FLOATING PULLEY BRACKET (11) using one 3/8 X 2” BOLT (64), two 3/8” WASHERS (51), and one 3/8” LOCK NUT (50) as shown in FIGURE 22.

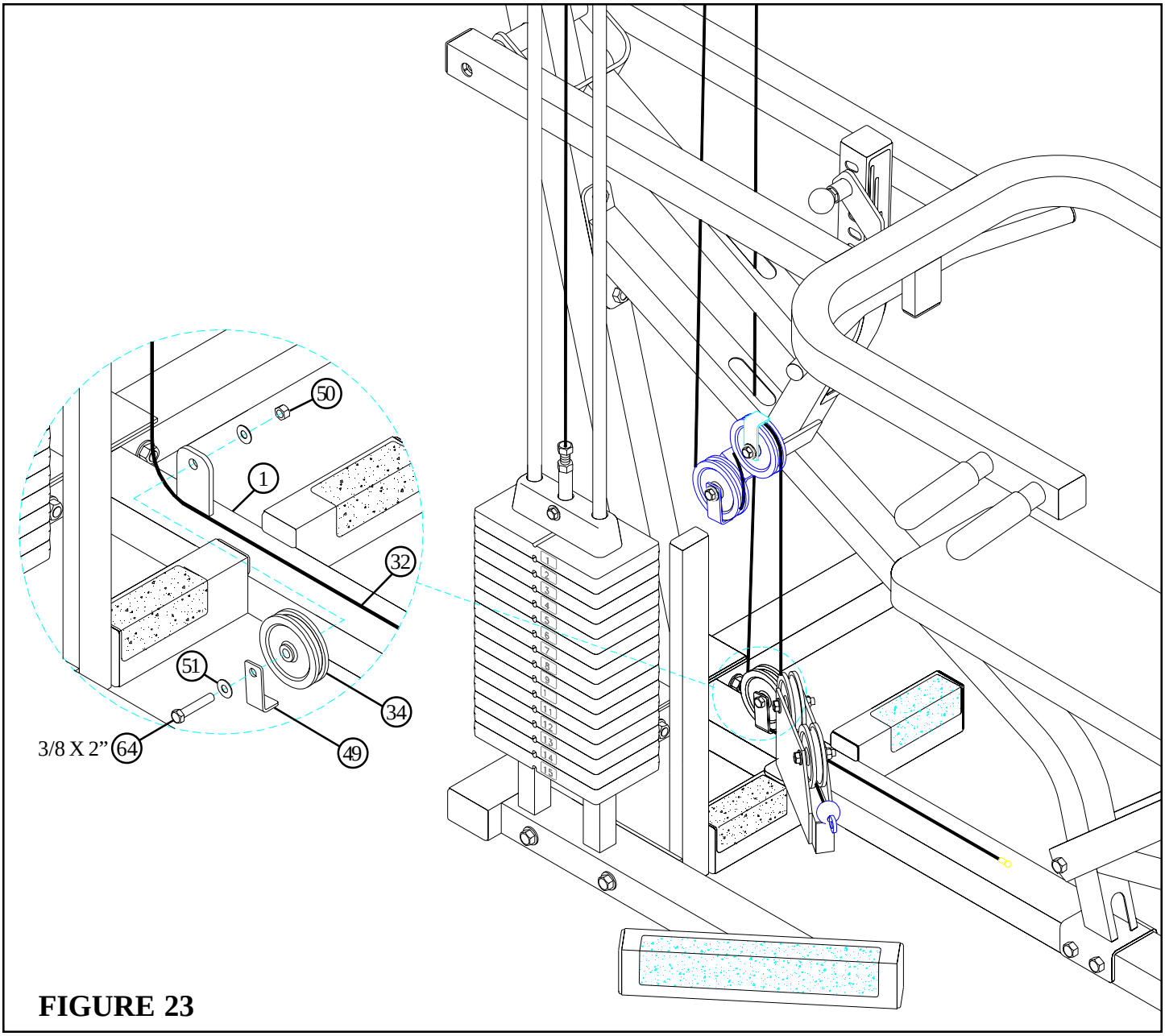


FIGURE 23

STEP 23

- **SECURELY** assemble one 3-1/2" PULLEY (34) to the tab on the BASE (1) using one 3/8 X 2" BOLT (64), two 3/8" WASHERS (51), one 2-3/8" CABLE RETAINING CLIP (49), and one 3/8" LOCK NUT (50) as shown in FIGURE 23.

- Route the SECONDARY CABLE (32) around the pulley and retaining clip. **(NOTE: The bolt holding pulley and retaining clip may need to be loosened to align cable retaining clip with cable.)**

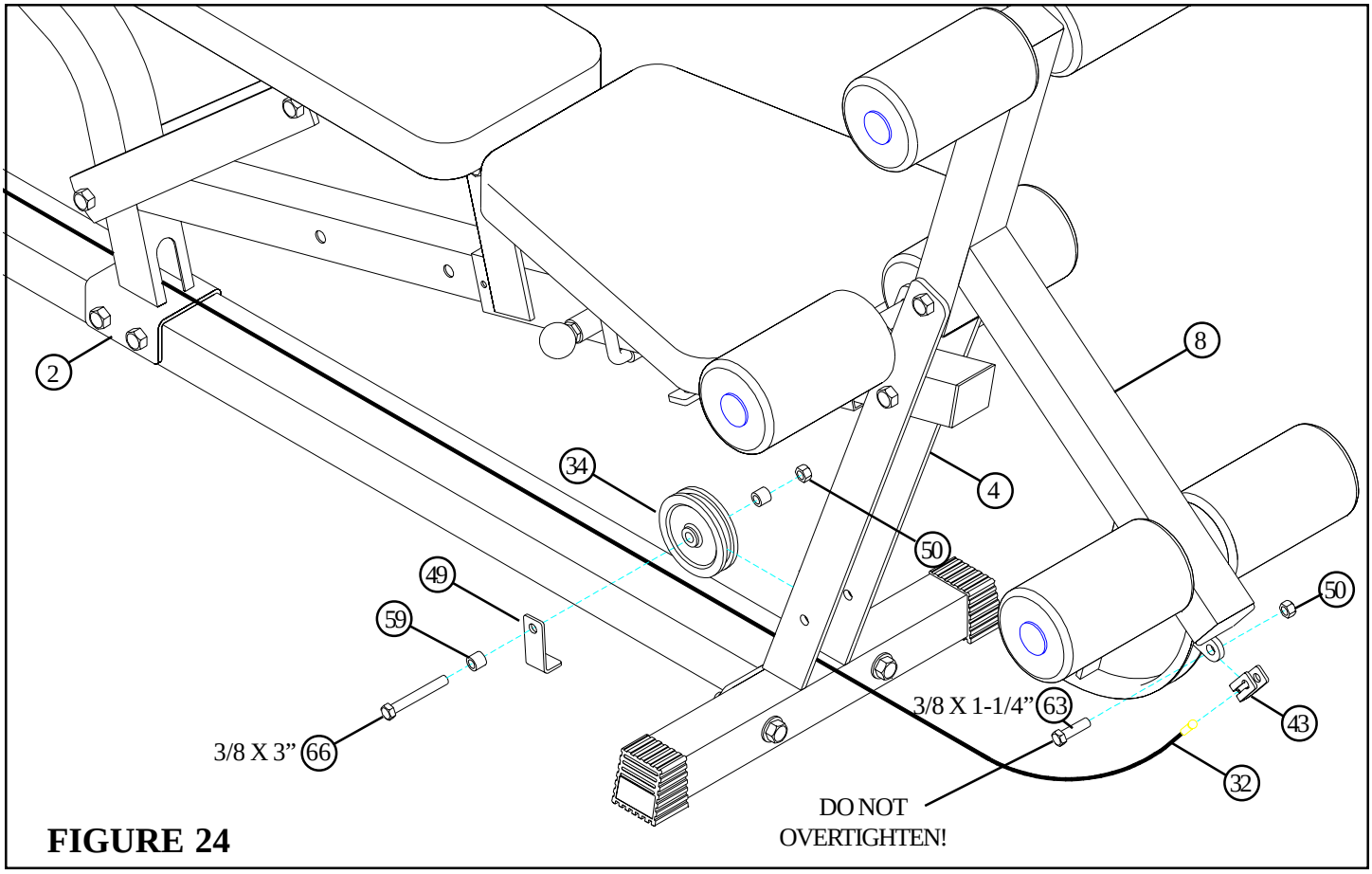
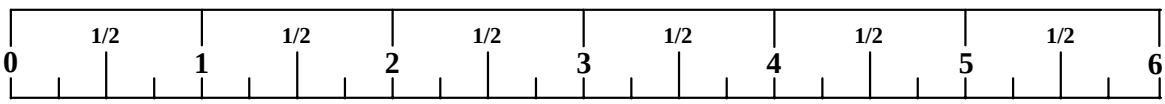


FIGURE 24

STEP 24

- Route ball end of CABLE (32) through the slot in BENCH FRAME (2) as shown in FIGURE 24.
- Assemble the metal ball end of the SECONDARY CABLE (32) to the CLEVIS (43) as shown in FIGURE 24.
- **SECURELY** assemble one 3-1/2" PULLEY (34) to the LEG SUPPORT (4) using one 3/8 X 3" BOLT (66), one 2-3/8" CABLE RETAINING CLIP (49), two 1/2" SPACERS (59) and one 3/8" LOCK NUT (50) as shown in FIGURE 24.
- Route the CABLE (32) around the pulley and **SECURE** the CLEVIS (43) to the tab on the LEG CURL/EXTENSION (8) using one 3/8 X 1-1/4" BOLT (63) and one 3/8" LOCK NUT (50). **(NOTE: Do not overtighten! Clevis should rotate freely.)**



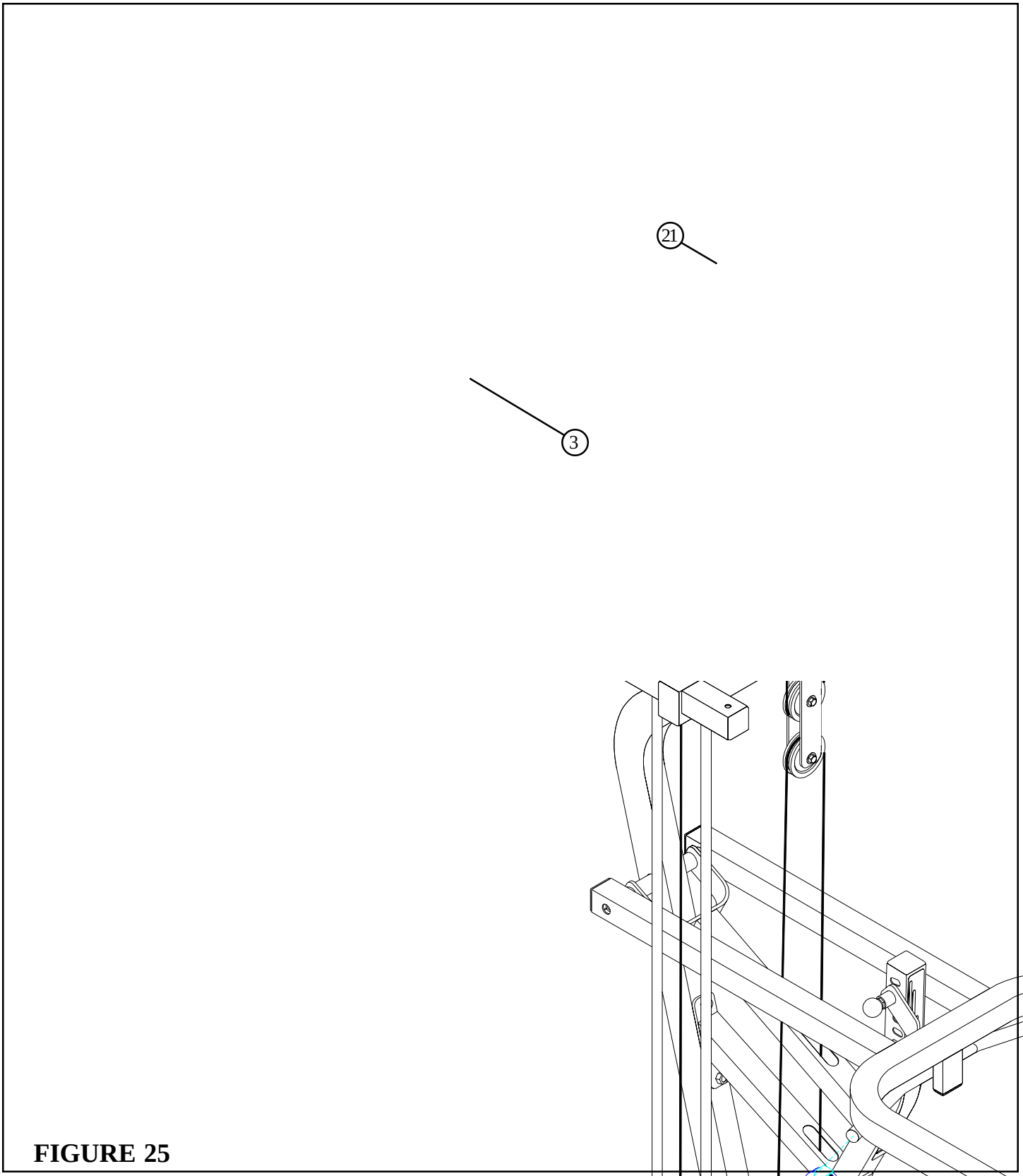


FIGURE 25

STEP 25

- **SECURELY** assemble two 3 X 7" ROLLER PADS (21) to the tube on the PRESS ARM (3) as shown in FIGURE 25. **(NOTE: For ease of assembly, dampen inside of roller pads with water or rubbing alcohol.)**

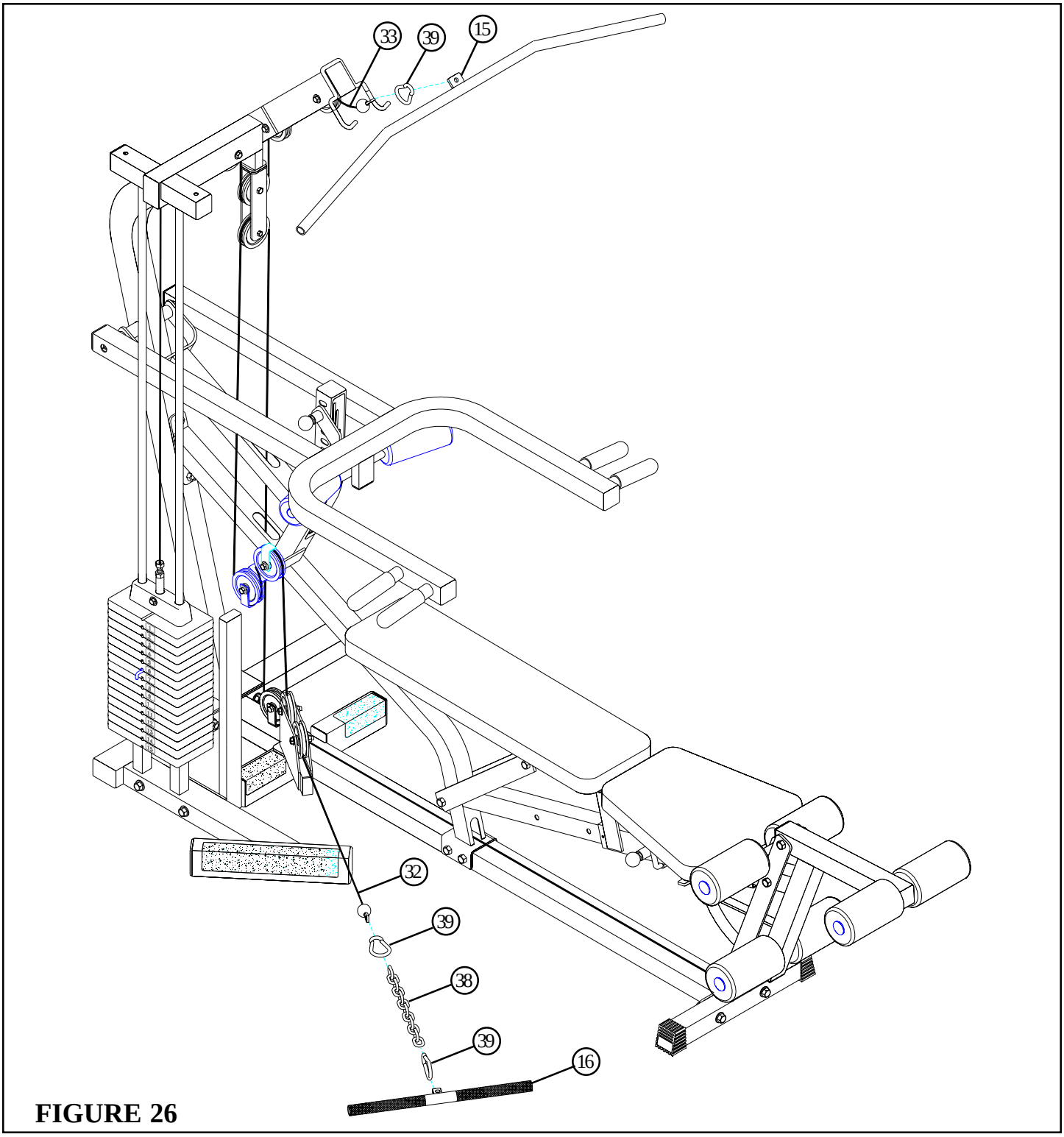


FIGURE 26

STEP 26

- Attach the LOW ROW BAR (16) to the ball end of the SECONDARY CABLE (32) using two 5/16" SNAP LINKS (39) and one CHAIN (38).
- Attach the LAT BAR (15) to the ball end of the PRIMARY CABLE (33) using one 5/16" SNAP LINK (39).

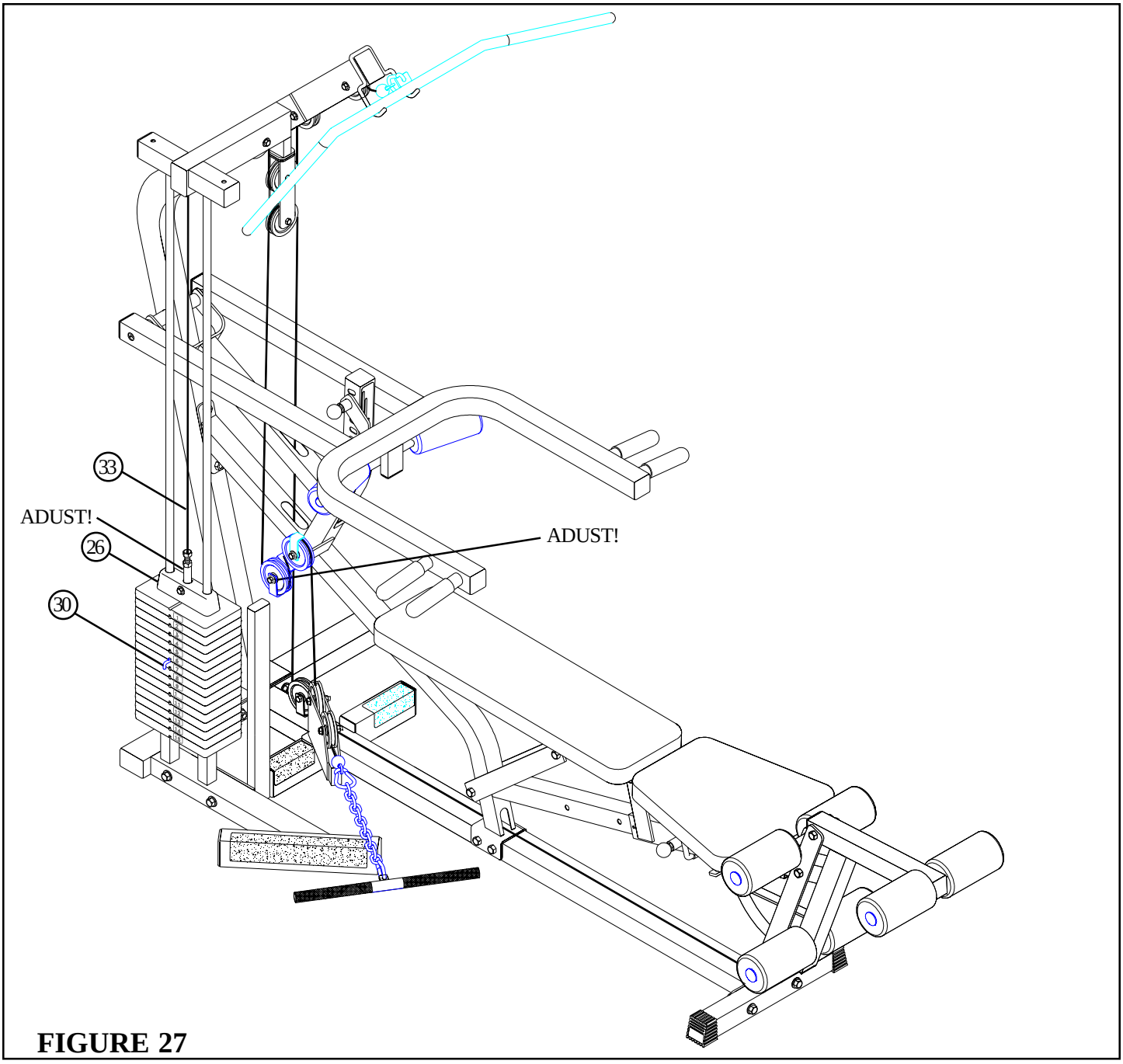


FIGURE 27

STEP 27

CABLE ADJUSTMENT

- The following adjustments can be made to adjust the cable tension:
- If upon completion of assembly, the HEAD PLATE (26) does not sit on top of the first WEIGHT PLATE (31), push the HEAD PLATE (26) down, insert the WEIGHT STACK PIN (30) and perform several repetitions at the press station. This will relax the cable system and prevent the HEAD PLATE (26) from lifting up.
- If there is still excess slack in the cables, loosen and adjust the PULLEY attached to the slotted tab on the BENCH FRAME (2).
- If after completing previous step, the HEAD PLATE (26) still does not sit on top of the first WEIGHT PLATE (31) or if there is excess slack in the cable system, adjust the threaded end of the PRIMARY CABLE (33) accordingly and retighten the jam nut.
- **IMPORTANT!** Retighten the jam nut when adjustment is completed.

Thank you for purchasing the Parabody 375101 Home Gym. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.